DION EXPECTED TO QUIT LEADERSHIP, PG. 8

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Celebrity pg 48

Madge splits up with Guy

Ontarians score sports lottery record

FOOTBALL PICKS Two friends from Windsor, Ont., have broken the record of a fellow city resident for the largest prize won on a single sports lottery ticket in Ontario. Chris Stephens, 23, and Jihane Belanger, 29, won more than $573,000 by correctly picking the winners of 14 recent American football games on a Pro Picks Pools ticket. Stephens accurately picked upset wins by the Cleveland Browns and St. Louis Rams. The previous record was held by Krista Durham, 35, who won almost $550,000 in October 2007 by also correctly picking 14 football winners. **THE CANADIAN PRESS**

Local pg 4

Alarm over Peel deaths

Fall Fun pg 43

Fright nights for fearless

Sports pg 16

Habs mark 100 years

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Economy top priority: PM

Fresh off his election win, Prime Minister Stephen Harper is moving quickly to tackle the threat of an economic downturn even as economists warn that the financial turmoil could plunge Ottawa into deficit.

Harper, who had faced election criticism for being slow-footed on the economy, took the initiative yesterday, unveiling a six-point strategy and declaring that the number one job for the prime minister is to protect the country's economy, "our earnings, our savings and our jobs."

And on a day when stock markets again posted dramatic drops, Harper hinted that Ottawa may be taking further steps to protect the banks.

"We're looking at constantly what needs to be done to ensure the availability of credit for Canadians, Canadian businesses, families, individuals," Harper told reporters in Calgary.

Meanwhile, provincial and territorial leaders, including Ontario Premier Dalton McGuinty, are preparing to hold their own economic summit in Montreal on Monday.

McGuinty called the slumping economy and global credit crunch an "extraordinary challenge … unlike anything else we've ever had to come to grips with."

> **"Our focus will be on the economy … trying to find some common ground with the opposition."**
> Stephen Harper

Speaking a day after winning a strengthened minority government, Harper said he plans to recall Parliament this fall and release a fiscal and economic update on the state of the government's books.

He also said he would convene a first ministers meeting on the economy to co-ordinate all governments' efforts but did not set a date for that conference.

The action plan is similar to the five-point economic "action plan" that Liberal Leader Stéphane Dion proposed in the election — and which Harper condemned at the time as "panicking."

But the prime minister struck a conciliatory tone yesterday and said he was seeking the co-operation of all opposition leaders as Canada grappled with a possible economic downturn.

"Our focus will be on the economy. That's the thing obviously on which I'm most focused, trying to find some common ground with the opposition," Harper told a news conference.

TORSTAR NEWS SERVICE

Watch Stephen Harper promise party cooperation on economy at metronews.ca/canada

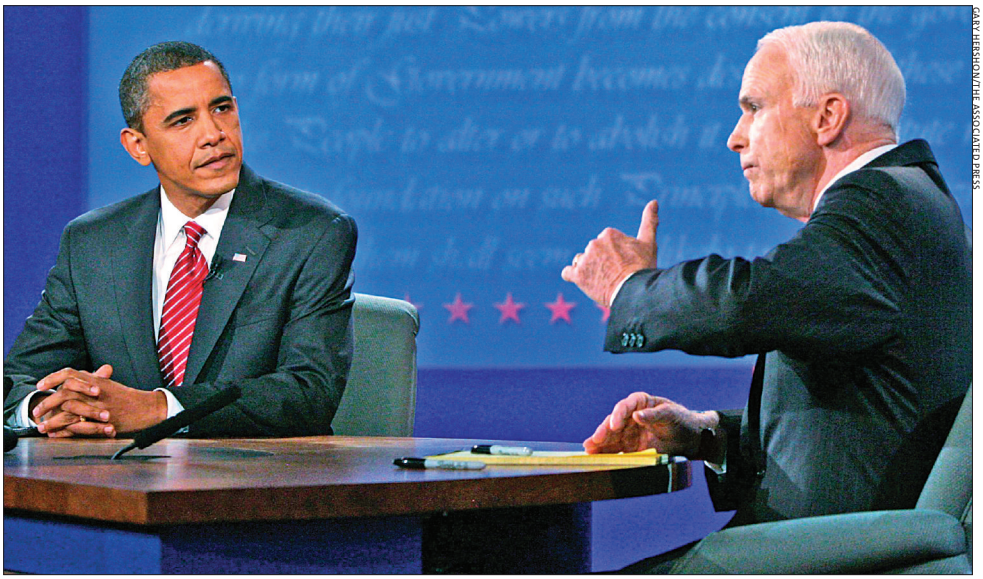
Fireworks in final debate

Republican John McCain and Democrat Barack Obama squared off last night in a fiery U.S. presidential debate that delved into negative campaigning and saw McCain make one of his most forceful efforts to date to distance himself from U.S. President George W. Bush.

"Senator Obama, I am not President Bush," McCain said when the Illinois senator pointed out that his opponent had voted in favour of four of five Bush budgets despite his relentless criticism of overspending in Washington.

"If you wanted to run against President Bush, you should have run four years ago."

Obama stood by his stance that McCain's policies weren't much different from Bush's.



GARY HERSHORN/THE ASSOCIATED PRESS

Democratic presidential candidate Sen. Barack Obama, left, and Republican presidential candidate Sen. John McCain face off at the final presidential debate yesterday at Hofstra University in Hempstead, N.Y.

"On the core economic issues that matter to the American people — on tax policy, on energy policy, on spending priorities — you've been a supporter of President Bush. Essentially what you're proposing is (four) more years of the same thing."

McCain and Obama went head to head at Hofstra University in Hempstead, N.Y., amid depressing news for the Republicans: a new poll that had their candidate trailing Obama by a whopping 14 points, due in part to his negative attacks on his opponent.

Yesterday's debate was hosted by Bob Schieffer of CBS News.

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Argument leads to car chase
Two men face a total of 14 charges after an early morning argument reportedly escalated into a car chase, in which a man in a Dodge Caravan pointed a loaded handgun at the occupants of a Honda in the Sheppard Avenue East and Morningside area. TORSTAR NEWS SERVICE

Local

City proposes permits

Toronto's licensing and standards committee decided yesterday that a permit system is needed to help out homeowners who live next door to problem renovations. A patchwork of rules across the city govern a neighbour's right to access, but most say your neighbour has the right to temporary use of your property if there's no other way to do the work. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Music
Jill Barber takes a chance on romantic themes typical of 1950s female vocalists.

metronews.ca
What's online today.

Watch election reports at metronews.ca/canada
Read about poisoned lawyers, pirates and McCain's Palin pain in Metro Snapshot

Lotteries

Lotto 6/49	7, 9, 15, 21, 38 & 40. Bonus 13.
Ontario 49	5, 8, 20, 40, 41 & 46. Bonus 12.
Ontario Pick 3	1 6 9
Ontario Pick 4	4 7 8 5
Encore	7247710
Daily Keno	7, 13, 17, 21, 25, 26, 27, 31, 32, 38, 40, 42, 44, 47, 53, 58, 60, 61, 63, 67.

These results are not official.

3 held under racing law

In a first for Peel Region, police have charged three young men with criminal negligence causing death in connection with an organized street race.

In revealing the arrests yesterday, Peel Insp. Steve Pegrum also pleaded with young drivers to stop racing before their reckless actions cause more grief to families.

On Sept. 29, Darren D'Souza, 20, of Mississauga, was killed instantly when his Honda Civic was ripped apart and demolished in the horrific crash on Argentia Road at about 11 p.m. Three other young men have now been charged in connection with his death on the street north of Derry Road in the Meadowvale area of Mississauga.

The mangled wreckage of the Honda was parked outside of Peel Police headquarters where yesterday's news conference was held.

Pegrum said the victim's family allowed police to display the wreckage in the hope it will prevent further "devastating, family-altering" tragedies from occurring.

Among those arrested and charged was a flag man whom police allege controlled when the race started. Also charged are the two other drivers allegedly involved in the high-speed deadly crash.

Nigel D'Souza, 19 (no relation to the deceased), Simeon Remedios, 20, and a 16-year-old teen, whose identity is protected by Canada's youth laws, have each been charged with criminal negligence causing death while street racing.

TORSTAR NEWS SERVICE

PAWEL DWULIT/TORSTAR NEWS SERVICE

The wreckage of Darren D'Souza's car on display at Peel Police Regional Headquarters in Brampton.

News in brief

CRIME Andre Moore, 27, was found around lunch time Tuesday in an alley near Markham Road and Eglinton Avenue East with a visible bullet hole in his forehead. Yesterday, the intersection was shaken by gunfire again around 3:30 p.m. Police found multiple bullet casings. No injuries were reported.
TORSTAR NEWS SERVICE

Election 'loss' turns to victory party

Brett Bell, the chair of the election day operation of Oak Ridges-Markham Conservative candidate Paul Calandra, delivered the bad news around 11 p.m.

Calandra was down by 5,000 votes. He had lost.

He drove to his "victory" party in Stouffville, where he intended to concede to Liberal incumbent Lui Temelkovski. When he reached the parking lot just after 11:30, his phone rang again. It was Bell.

"Look, I've made a mistake," he said. "I'm sorry."

Calandra was not losing by 5,000 votes. He was winning by 50. Calandra, an insurance broker, now has a seat in Parliament.

After a "very, very, very excruciating" night, he won what was widely considered a safe Liberal seat, by 430 votes, 42.1 per cent to Temelkovski's 41.5.

TORSTAR NEWS SERVICE

Accused was out on bail

A man accused of slaying two women in their east-end home Monday morning had been out on bail since March while facing charges of sexual assault, a police source said yesterday.

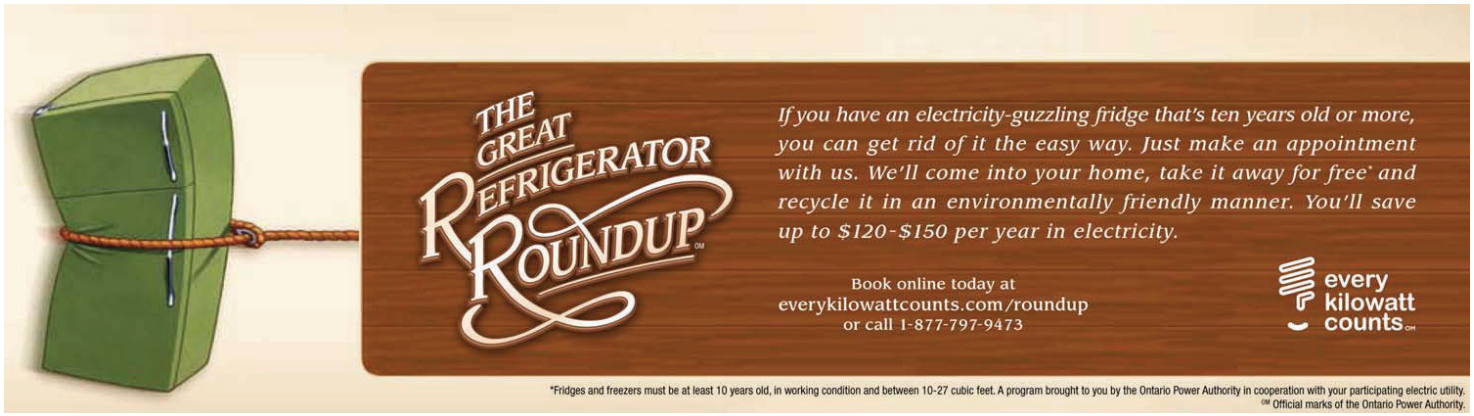
Nathaniel O'Brien, 31, was released from jail last spring but is scheduled to appear in Superior Court in May next year to answer to six charges, which include two counts each of aggravated sexual assault, sexual assault with a weapon and attempted chocking, court documents show.

O'Brien was arrested this week in connection with the deaths of his neighbours Saramma Varghese, 65, and Susan John, 43, and an attack on John's 20-year-old daughter Sara.

The two older women were discovered suffering from stab wounds after an intruder broke into their home. TORSTAR NEWS SERVICE

Hospital

• Sara, a York University student, is in hospital recovering from injuries. Neighbours said she ran from her house Monday screaming for help.



Two charged over infant injuries

Two people are facing child abuse charges after an infant was brought to a Toronto hospital with multiple broken bones. Danitza Zanabria Revilla, 28, and Augusto Tapia Barreda, 31, have been charged with six offences, including aggravated assault and assault causing bodily harm. TORSTAR NEWS SERVICE

Free books to promote authors fest

LITERARY If you saw a book lying on a window ledge, on a newspaper box, or on a park bench around the city, would you take it? Or would you just leave it behind; thinking the forgetful owner may be back to retrieve it?

What if the book had a large "Take Me!" sticker on the front? Would that convince you to take it home? Or just confuse you even more?

The organizers of International Festival of Authors are hoping Torontonians catch on to the "novel" idea this morning, when volunteers drop off, and hand out more than 1,000 free books to promote the book-lovers festival, which begins Oct. 22 at the Harbourfront Centre.

The books, which range from crime, historical fiction and children's books, are all older titles, written by many of the 135 authors presenting their newest works at the festival.

A list of the free books is available on the International Festival of Authors Facebook group.

TORSTAR NEWS SERVICE

PAWEL DWULIT/TORSTAR NEWS SERVICE

A Peel Police investigator walks the scene at Daisyfield Boulevard and Humberwest Parkway in Brampton yesterday, where Ravi Dharamdial was stabbed to death.

Alarm bells in Peel

Deaths raise concerns over youth violence

In the wake of the deaths of four young men on the suburban streets of Mississauga and Brampton since Saturday, community leaders are warning of a potential explosion of youth violence in Peel region.

And they say the window of opportunity to gain control of the problem is rapidly closing as Peel's total homicide tally reached a record 24 on Tuesday.

This morning, police Chief Mike Metcalf will appear before Peel regional council in Brampton to give an overview of this year's homicides.

His visit was announced last week, when there were 20, but now he'll have to include the four unsolved slayings since Saturday, including Tuesday's stabbing death of 14-year-old Ravi Dharamdial as he walked home from school.

Councillors are hoping to learn why the spike in deadly crime is occurring in record numbers across Peel region,

TORSTAR NEWS SERVICE

Guns and gangs

- Tony da Silva, a trustee with the Dufferin-Peel Catholic School Board, says the major fear is that as Peel gets larger and larger, urban issues such as guns, gangs and drugs are moving into the region.

Washroom debate

Every store in Toronto with a floor area of 3,230 square feet or more should have to provide washrooms for their customers, says the city's licensing and standards committee.

But business owners and some councillors said the city is going too far.

"We're clobbering people every which way in Toronto," complained Coun. Mike Del Grande (Ward 39, Scarborough-Agincourt), who said the move will force some store owners into expensive remodelling.

The committee's proposal, which now goes on to city council for further debate, is the brainchild of Coun. Howard Moscoe.

Moscoe (Ward 15 Eglinton-Lawrence) discovered that since 1976, the Ontario Building Code has required stores to provide washrooms — but was silent about whether they were open to customers as well as staff. TORSTAR NEWS SERVICE

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HEMNES mirror series. Black-brown. Solid wood. Can be hung horizontally or vertically. **$49.99 was ~~$69.99~~.** W60×H90cm. **$79 was ~~$99~~.** W75×H165cm.

LACK side table
$14.99
was ~~$19.99~~

LACK side table $14.99 was ~~$19.99~~. Assorted colours. Embossed painted finish. L55×W55×H45cm. RA.

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ENERGISK refrigerator/freezer 18 cu.ft. $849 was ~~$989~~. Stainless steel. Fridge 14 cu.ft. Freezer 4 cu.ft. Door can be mounted with opening to the left or the right. W28×D31×H68".

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POÄNG armchair $99 was ~~$129–$159~~. Alme natural cover and birch veneer frame. Alme medium red and beech veneer frame. Alme black and black-brown frame. 100% cotton, removable, washable cover. W68×D83×H100cm. RA.

BJURSTA glass-door cabinet $299 was ~~$369~~. Black-brown. Stained ash veneer. Tempered glass doors. 4 adjustable glass shelves. W80×D40×H190cm. RA.

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Man charged with attempted murder
An 18-year-old man is charged with attempted murder and seven other offences after a man was struck in the back by shotgun pellets in the city's west end Friday night. TORSTAR NEWS SERVICE

Programs aim to get students talking

Ontario's education minister wants to know what is on students' minds.

Kathleen Wynne yesterday announced three new measures to get students involved and engaged in public education, a project called "Student Voice."

Among the moves is establishing a 60-student council to get tweens and teens talking to her about everything from cyber-bullying to course offerings.

"We want to get advice, input and ideas directly from students," Wynne said in a speech yesterday to the Student Success Leaders' Symposium held in downtown Toronto.

She said it's important for all students to be engaged, and "that includes students who might feel disengaged from their school or community."

The ministry also plans to hold regional forums around Ontario.

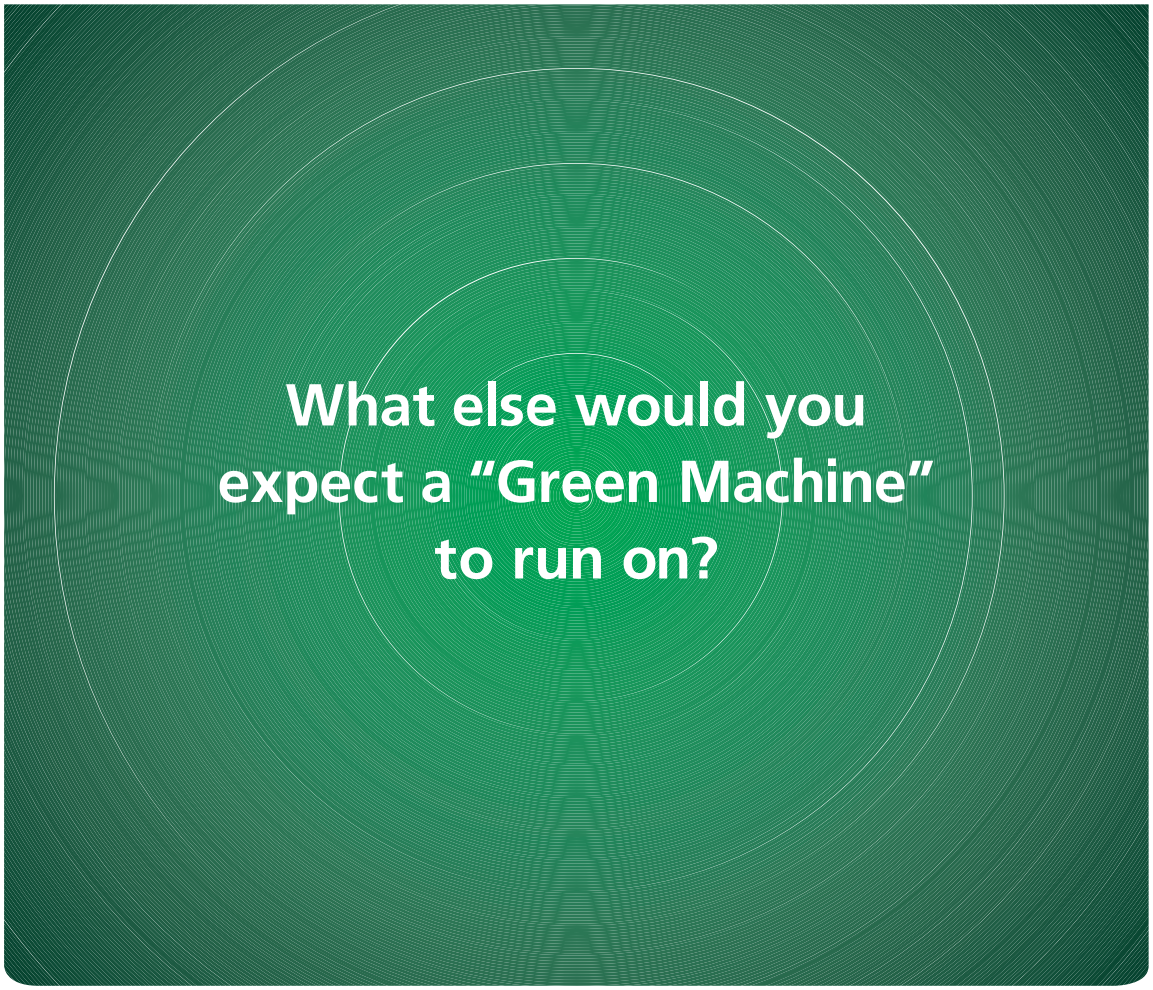
The ministry is also accepting applications for grants of up to $1,500 for student-led projects, such as a program to help new students feel welcome.

Gorick Ng, one of two students trustees at the Toronto District School Board, said the provincial plan "sounds like a great idea."

TORSTAR NEWS SERVICE

Advisory council for province

- The Minister's Student Advisory Council will have representatives from Grades 7 to 12, from across the province, who will meet with her twice a year.



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Ajax keeps disputed bus route

The bus stops here. And there. And over there.

And at 5:30 this morning, Rashna Dadachanji will happily climb on board Route 222 to get to work. Not so happily, Wayne and Sandra Cassidy will hear the bus rumble past their bedroom window, having just lost their months-long battle to stop it.

Yesterday, Durham Region Transit's executive committee sided with Dadachanji and dozens of riders in the south Ajax sub-division and made a swift decision to keep the route intact. That means the bus will continue its run past the Cassidys' lakefront house every half hour during morning and afternoon rush hours.

222

- Route 222 was added in 2006 as part of Durham Region's mandate to provide service within 400 metres of customers.

The Audley Road South couple had asked the transit commission to eliminate a loop of several blocks, arguing the bus is smelly, exceeds noise standards and poses a safety hazard on the narrow street.

Phil Meagher, DRT's deputy general manager of operations, said the loop averages 28 riders per hour.

TORSTAR NEWS SERVICE

Event backs people in need of donors

HEALTH Jessica Pessoa, a 9-1-1 dispatcher, needs help. Pessoa was diagnosed with leukemia and went into remission, but two months ago the leukemia came back. The 22-year-old has been unable to find a family match so far. Yesterday morning, the representatives from all three divisions of Toronto's emergency services — EMS, fire and police — held an event to show their support for her and others on the waiting list seeking donors. TORSTAR NEWS SERVICE

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Record number of women elected

Canadians have elected a record 68 women to the House of Commons, said Equal Voice, a non-partisan group dedicated to boosting the influence of women in politics. The previous high-water mark was 65 women, or 21.1 per cent, elected in 2004. THE CANADIAN PRESS

Canada

Polls affect media more: Experts

The news media is more swayed by public opinion polls than the average voter and that fixation can greatly influence news coverage, experts say. Political scientists say journalists may have over-analyzed the statistical tea leaves during the recent election campaign. "It's clear to us that the polls play a big role in reporters' decisions about what they think they need to explain," said Fred Cutler, a University of British Columbia political scientist and a polling expert. THE CANADIAN PRESS

Dion expected to quit as Grit leader

Devastated by the disappointing showing of his party in the election, Stéphane Dion is expected to announce today that he will step aside as Liberal leader.

Unlike the other party leaders he made no public appearances yesterday, instead huddling with his family and advisers. Party insiders said he would remain as leader until the Liberals choose a successor.

Dion had been expected to announce in his remarks after the polls closed late Tuesday night that he would set a process in motion to allow his party to choose a new leader. But he avoided the subject in his post-election remarks.

The party's percentage of Tuesday's popular vote — at 26 per cent — is among the lowest ever and Liberal seats in the House of Commons plummeted from 95 to 76 while the Conservatives' minority standing in Parliament increased.

"He just can't stay," was a typical assessment from one senior Liberal close to the Dion campaign yesterday.

Liberal strategists said Canadians' fears over the economy may have driven voters away from the relatively unknown Dion to Tory Leader Stephen Harper, who scores well as an economic manager in opinion surveys.

TORSTAR NEWS SERVICE

TOM HANSON/THE CANADIAN PRESS

Conservative Party Leader Stephen Harper and his family wave before boarding their plane in Calgary yesterday.

Big changes in Ontario

SEATS A dramatic election-night churn in seats in Ontario is a reflection of a province searching for a safe haven amid a fierce economic gale and not finding it in the previously dominant Liberal party now led by Stéphane Dion, analysts said yesterday. In all, some 20 seats changed hands in the province, with about two-thirds of those sliding from the Liberals to the Conservatives and one-third to the New Democrats.

THE CANADIAN PRESS

Voter turnout tumbles

Sputtering competition, lack of a truly galvanizing issue and general disenchantment with politics helped send voter turnout spiralling to an all-time low in the federal election, experts say.

It's too early to be sure whether rigorous new voter identification rules significantly cut into the numbers, but no one is suggesting they helped.

Early figures indicate only 59.1 per cent of eligible Canadians bothered to cast a ballot Tuesday.

The tally falls just under the previous low of 60.9 per cent in the June 2004 ballot that saw Paul Martin's Liberals secure a minority government.

Many may have stayed home because the Conservatives seemed destined to triumph, making the contest a foregone conclusion, said Jon Pammett, a political science professor at Carleton University in Ottawa.

"Although there were some ebbs and flows of their support along the way, they were never really behind at any point," Pammett said.

THE CANADIAN PRESS

May pays for mistakes

Politics

Listening to the jaunty Elizabeth May make her concession speech election night you might think that she had won her riding and the Green Party had advanced the cause of a greener Canada. She didn't and it didn't.

Instead, Ms. May's vainglorious crusade has actually hurt her party and the environmental movement in Canada. In two of her most critical decisions, she badly miscalculated.

The first was to contest the riding of Central Nova, which is held by the popular Peter MacKay. It wasn't even close. Mr. MacKay won 18,249 votes, or 46.6 per cent. Ms. May won 12,620 of the votes, or 32.2 per cent.

To say that running against MacKay was foolish is not a matter of hindsight. It was always a matter of foresight — as foolish then as it is now.

The reason is that if you are building a party, your leader must be in Parliament. His or her foremost responsibility is to be elected, anywhere, anyhow.

Had the Greens representatives in Parliament, she could have asked one to resign when she became leader. Without that option, Ms. May had to find a way to get there. Running in a by-election in Ontario made sense for her; running in Central Nova suggests a staggering naiveté and awful political judgment.

It is nice, and sentimental, too, that Ms. May is from Nova Scotia. But leaders often run in unfamiliar ridings; Lester Pearson didn't even know where Algoma East was when the Liberals opened a seat for him there in 1948.

Unelected leaders have no credibility. You can stand and squawk in the foyer in the House of Commons, as Ms. May does every day, but really, though, why should anyone listen to you? Especially when your party has 6.8 per cent of the vote.

You might have thought that Ms. May would regret her flight of fancy today. But no, she now digs herself deeper promising that she will run in Central Nova again next time.

Her other mistake was more costly. In making an alliance with Stéphane Dion and the Liberals, she found credibility and a place in the leaders' debate she didn't deserve leading a fringe party (4.8 per cent support in 2006). She may well have drained enough votes from the Liberals, the one party which could have unseated the government.

Today, the leader of the Greens is without a seat and her party without an MP. Her vote is up all of 2.3 points. The Liberals are out and the Conservatives are in, and so is their environmental policy.

And Ms. May says that her leadership runs until 2010.

Unelected leaders have no credibility. You can stand and squawk in the foyer in the House of Commons, as Ms. May does every day, but really, though, why should anyone listen to you?

Andrew Cohen is the author of Extraordinary Canadians: Lester B. Pearson.

News in brief

GREEN PARTY Fresh off a decisive election defeat, an undaunted Elizabeth May promised yesterday to run again for the Greens in the first available byelection and turned aside suggestions she might defect to the Liberals. May said she's committed to run for the party in the Central Nova riding in the next general election after coming second to Conservative cabinet minister Peter MacKay in the Tory stronghold.

BLOC Fifty out of 75 ain't that bad. That's the message Bloc Québécois Leader Gilles Duceppe repeated over and over at a news conference yesterday, a day after his party remained virtually unchanged in terms of its standing in the House of Commons. "We've got 50 seats out of 75," Duceppe replied when it was pointed out his party's popular vote dropped to 38 per cent from 42 per cent in 2006. THE CANADIAN PRESS

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Watchdog revisits regulating Internet and cellphones content
With Canadians watching more TV shows and video on websites, the CRTC — which regulates radio and television outlets — is reviewing its policy of allowing broadcasting content to be unregulated on the Internet and cellphones. THE CANADIAN PRESS

Town putting cameras in cemetery

Cemetery vandals beware – big brother is watching.

Town council in Bridgewater, N.S., has approved spending up to $10,000 to install security cameras in Brookside Cemetery.

Over the last six months, vandals have launched attacks on a number of grave markers and caused about $30,000 in damage.

Deputy mayor David Walker, who's chair of the cemetery commission, says hopefully the cameras will bring an end to the vandalism. Walker says he feels four cameras will be enough for now.

Two male teens are facing charges in connection with the latest incident.

THE CANADIAN PRESS

Judge finds pastor guilty

5-year sexual assault trial

A self-described Montreal pastor who says a so-called marriage to a 10-year-old girl gave him the right to have sex with her has been found guilty of sexual assault.

Daniel Cormier, 56, was convicted by Quebec court Judge Sylvie Durand yesterday after a five-year trial rife with legal wrangling.

Cormier, who headed the now-defunct Church of Downtown Montreal and who once ran for mayor of Montreal, showed no emotion as Durand read her ruling in court.

The girl, who is now 19 but still cannot be identified, was seated at the back of the courtroom and listened to a translation of the verdict with her mother.

She testified during the trial that she was too young to grasp Cormier's plan for a married life together and denied ever entering any sort of union with him. But Durand noted she did recall much of the sexual abuse in stark, vivid detail.

"He stole her childhood from her and it is something I'll try to sum up for the court at the sentencing."
Crown prosecutor Anne-Andree Charette

"They were criminal acts that caused a lot of consequences to the victim, some measurable and others that's not possible for us to put into evidence," Crown prosecutor Anne-Andree Charette said outside the courtroom.

"He stole her childhood from her and it is something I'll try to sum up for the court at the sentencing."

THE CANADIAN PRESS

Cache of drugs, explosives found

MONTREAL City police say they have made two arrests after a cache of drugs and possible explosives was found in a parked car in a Montreal neighbourhood.

Exact charges against the 35-year-old man and a 49-year-old woman have not been determined.

Tactical squad officers who searched the car came up with a small quantity of drugs, credit cards and a substance believed to be explosives.

THE CANADIAN PRESS

Separatists killed Harper majority?

B.C. The Liberal premier of British Columbia blames Quebec separatists for the country's third minority government in a row.

"The only thing that prohibited Mr. Harper from getting the majority he was seeking was the separatists in Quebec," Premier Gordon Campbell said yesterday after Prime Minister Stephen Harper was left with a slightly stronger minority government.

THE CANADIAN PRESS

Do you have cat allergies?

Allied Research International is seeking people with cat allergies to assess the effectiveness of an investigational vaccine for the treatment of cat allergies.

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1 Canadian finalist will win a Nikon D700 DSLR and a Nikon 24-70mm F2.8 Zoom Lens (valued at approx $4,988).

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BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

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D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
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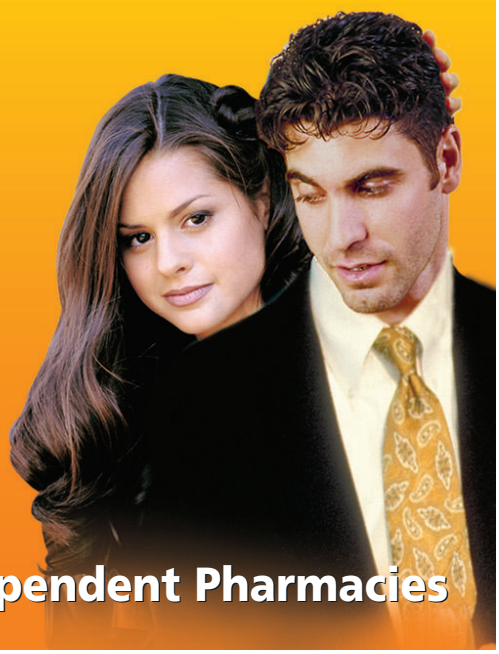

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Russian-Georgian peace talks in Geneva have broken down

Talks between Russia and Georgia to build on the ceasefire that ended their summer war appear to have broken down. Officials say negotiators from Russia and its allies in the breakaway Georgian regions of Abkhazia and South Ossetia have left the talks. THE ASSOCIATED PRESS

World

VP treated for abnormal heartbeat

U.S. Vice-President Dick Cheney was treated "without complication" yesterday for an abnormal heartbeat, his office said, making a short visit to a hospital to restore his normal rhythm with an electric shock. It was the second time in less than a year that Cheney, a 67-year-old with a history of four heart attacks, had experienced and been treated for an atrial fibrillation. THE ASSOCIATED PRESS

Top al Qaeda leader killed

American troops acting on a tip killed the No. 2 leader of "al Qaeda in Iraq" — a Moroccan known for his ability to recruit and motivate foreign fighters — in a raid in the northern city of Mosul, the U.S. military said yesterday.

The military statement described the man, known as Abu Qaswarah, as a charismatic leader who had trained in Afghanistan and managed to rally al Qaeda followers in Iraq despite U.S. and Iraqi security gains.

U.S. troops killed Abu Qaswarah, also known as Abu Sara, on Oct. 5 after coming under fire during a raid on a building that served as a "key command and control location for" the al Qaeda group in Mosul, the military said.

Abu Qaswarah — one of five insurgents killed — was positively identified, the military said, without elaborating.

Rear Admiral Patrick Driscoll, a U.S. spokesperson in Baghdad, also said the military had reason to suspect that Iranian agents were trying to bribe Iraqi politicians into opposing negotiations over a security pact that would extend the presence of American troops in Iraq.

But, he said, the military had no reason to believe Iraqi politicians had taken the Iranians up on the offers.

THE ASSOCIATED PRESS

California **Wildfires continue to wreak havoc**

RIC FRANCIS/THE ASSOCIATED PRESS

Mariam Villarreal, 65, views what remains of her former home yesterday, which was destroyed by a wildfire at the Sky Terrace Mobile Lodge in the Lake View Terrace section of Los Angeles.

Ban on female priests sexist: Protesters

VATICAN Catholic women seeking to become priests denounced the church's ban on female ordination as sexist and unjust, bringing their campaign close to the Vatican yesterday during a worldwide gathering of bishops.

The small group of women representing Catholic organizations from around the world crossed the Tiber River close to St. Peter's Square, some wearing signs with the names of prominent women in the early days of the Roman Catholic Church.

They later tried to deliver a petition to the Swiss Guards at the Vatican, but nobody appeared to pick it up.

THE ASSOCIATED PRESS

News in brief

MILITARY Iraq says the U.S. has agreed to give it the right to prosecute major, premeditated crimes committed by U.S. personnel outside their bases when not on a mission. Iraqi officials say the compromise is found in a draft security agreement. THE ASSOCIATED PRESS

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Pirates seize ship with 21 crew members near Somalia
A maritime official says armed pirates have hijacked a bulk carrier with 21 crew members in the Gulf of Aden near Somalia. He says the ship was sailing from the Middle East to Asia when it was seized yesterday. The ship flies a Panamanian flag but is operated in the Philippines. THE ASSOCIATED PRESS

Some airports allow guns in terminal

An Associated Press survey of the nation's 20 busiest airports found seven allow people with appropriate gun permits to carry firearms in the general public areas of the terminal.

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AP

THE ASSOCIATED PRESS

Another plunge on Wall Street

The U.S. economy lurched deeper into the doldrums yesterday and took the stock market down with it, sending the Dow Jones industrials to a staggering 733-point loss and erasing any hopes that the convulsions that have shaken Wall Street for a month were over.

The daylong sell-off came as retailers reported the biggest drop in sales in three years and as a Federal Reserve snapshot showed Americans are spending less and manufacturing is slowing around the country.

Piling up losses in a rough final hour of trading, the Dow ended the day down nearly eight per cent, its steepest drop since one week after Black Monday in 1987. The Dow has wiped out all but about 127 points of its record-shattering 936-point gain on Monday of this week. THE ASSOCIATED PRESS

Developing nations want say in global money crisis

ECONOMY India, Brazil and South Africa say they fear the concerns of the developing world may be ignored in the current global financial crisis.

All three say they want rich countries to hear their voices on how to manage the crisis without jeopardizing the economies of less-developed states.

The financial crisis has caused stocks in Russia and much of Asia and Latin America to fall harder in recent weeks than they have in North America and western Europe.

Analysts say a major reason is that foreign investors are yanking money out to meet liquidity needs at home. THE ASSOCIATED PRESS

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AIG executives spent thousands during hunting trip
Top executives from American International Group racked up an $86,000 US tab during a recent English hunting trip, even as the insurer asked for an additional $37.8 billion loan from the Federal Reserve on top of an $85 billion loan. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Canada faces $10B deficit

Canada risks running a $10 billion deficit in the 2009-2010 fiscal year if the re-elected Conservative government fails to stitch a "looming fiscal hole" that is already raising the spectre of higher taxes and possible spending cuts, a report suggests.

That stark prediction was made yesterday by Merrill Lynch economist David Wolf, hours before Prime Minister Stephen Harper unveiled a six-point economic plan and vowed to keep government spending "focused and under control."

Merrill Lynch's report suggests Ottawa may succeed in eking out a small surplus this year, but it is on track to recording its first deficit since the 1990s — a political anathema for Canadians.

Wolf is known for his "pessimistic" views. His analysis in this case assumes no change in fiscal policy.

TORSTAR NEWS SERVICE

By the numbers

- The last federal budget projected a $2.3 billion surplus for 2008-2009.
- The Conservatives inherited a surplus of $13.2 billion in 2006.
- Last year's surplus was $9.6 billion.

Businesses looking for action

With a stronger minority government, Corporate Canada urged Prime Minister Stephen Harper to move swiftly to shore up the economy as a looming recession in the United States threatens to spill into Canada.

Catherine Swift, head of the Canadian Federation of Independent Business, said the government needed to move ahead with its campaign promise of tax cuts for small businesses, including increasing the small business tax threshold. THE CANADIAN PRESS

Business in brief

HOUSING A total of 76,391 homes were sold in major Canadian markets in the summer quarter, a dramatic 10.7 per cent drop from the same period last year. But the number put on the market also dropped – a sign that a slide in housing prices is beginning to slow, the Canadian Real Estate Association said yesterday.

RECALL Nissan Motor Co. is recalling more than 200,000 vehicles sold in several countries, including Canada, to fix a sensor system that could affect the car's passenger side air bag.

ENERGY Oil prices closed below $75 US a barrel for the first time in nearly 14 months yesterday after OPEC, fearing that a severe global economic slowdown is unavoidable, slashed its 2009 petroleum demand forecast.

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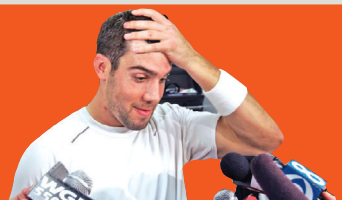
Furyk wins PGA Grand Slam

Jim Furyk won the PGA Grand Slam yesterday, birdieing the final hole to force a playoff with Padraig Harrington and winning with an eight-foot eagle putt on the first extra hole. THE ASSOCIATED PRESS

Sports



Edwards to start this weekend

The Buffalo Bills announced yesterday that quarterback Trent Edwards, left, would start against the San Diego Chargers this weekend. Edwards, who was knocked cold in a game against Arizona 10 days ago, said he was free of any concussion symptoms and team doctors had cleared him to play. The Bills were a perfect 4-0 prior to Edwards concussion. THE ASSOCIATED PRESS

SPORTS@METRONEWS.CA

Montreal celebrates 100 years

Canadiens kick off year of festivities honouring Hab greats with win

HOCKEY FEATURE

Montreal 4, Boston 3 (SO)

Two players nearly as old as their legendary team — Elmer Lach and Emile (Butch) Bouchard — dropped the puck for the start of the Montreal Canadiens 100th anniversary season.

The 90-year-old Lach and his 88-year-old former captain Bouchard were among a bench full of Hall of Famers on hand yesterday night for the Canadiens home opener against the Boston Bruins.

The team that has won a record 24 Stanley Cups unveiled a Ring of Honour — lighted pictures of the 44 players and 10 builders the team has sent to the Hockey Hall of Fame — around the top of the upper deck of the Bell Centre.

Former stars including Jean Beliveau, Guy Lafleur, Dickie Moore, Steve Shutt, Larry Robinson, Dick Duff, Henri Richard, and Yvan Cournoyer stood beside their portraits and waved to the sellout crowd of 21,273 as they were lighted one at a time to a roaring ovation.

It was the first of what will be a long string of centennial celebrations for the team founded in 1909, which will include games with players dressed in wild-coloured jerseys from their early days, the retirement of Patrick Roy's No. 33 on Nov. 22 and the all-star game in January.

"You never say that before the season starts — a lot can happen in a season," said Courtnoyer, the captain of a Montreal side that won four straight Cups in the 1970s. "I don't know if it's a team that will win, but what I like is that it's a fun team to watch."

On this night, the Habs didn't disappoint by beating the Boston Bruins 4-3 in a shootout.

They blew a three-goal first period lead, with Boston tying it in the final minute of the third. But Carey Price shut the door in the shootout, stopping all three shots he faced.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

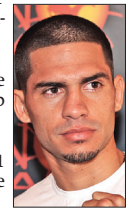
Montreal Canadiens Maxim Lapeirre celebrates after scoring the third goal against the Boston Bruins during first period NHL hockey action in Montreal yesterday.

"I don't know if it's a team that will win, but what I like is that it's a fun team to watch."
Yvan Cournoyer

Canadian Kid in for fight of his boxing life

BOXING PREVIEW

TITLE FIGHT Steve "The Canadian Kid" Molitor says it will be the defining moment of his life.



Steve Molitor

The IBF junior featherweight champion will face WBA champ Celestino Caballero on Nov. 21 in a title unification bout at Casino Rama.

The announcement was made by his promoter, Orion Sports Management, yesterday in Toronto.

The bout has been planned since the Sarnia, Ont., native completed a fifth successful title defence with a win over Ceferino Dario Labarda on Aug. 30.

Molitor has been training in Montreal while details of the deal were worked out.

THE CANADIAN PRESS

NIKOLAI KRIVICH/THE ASSOCIATED PRESS

A coffin with the body of Russian teenage hockey star Alexei Cherepanov is carried during a funeral ceremony in the Siberian town of Omsk yesterday.

Thousands attend Cherepanov funeral

DEATH Family, friends, teammates and thousands of fans paid their last respects yesterday to Alexei Cherepanov, the 19-year-old rising hockey star who died Monday after suffering heart problems during a game outside Moscow.

The cause of his death was still under investigation, federal investigators said yesterday.

Moscow regional investigators said Cherepanov apparently had chronic ischemia — a medical condition that means not enough blood gets to the heart or other organs. They have raised questions as to why the condition went undetected.

Federal investigators released a statement yesterday saying they had ordered tests of blood and other samples to see if there was any evidence of doping. They also had questioned the manager and arena medical staff.

THE ASSOCIATED PRESS

Accusations

- Meanwhile, lawmaker Pavel Krasheninnikov, who sits on the Russian Hockey Federation's supervisory council, has accused emergency workers of taking too long to respond to the call.

Sports in brief

CFL B.C. Lions offensive lineman Rob Murphy said yesterday he will appeal the fine the CFL has given him for his role in a melee in last week's loss to the Edmonton Eskimos.

NFL The Indianapolis Colts will reportedly be without running back Joseph Addai for two to four weeks while he rests a slightly torn hamstring. Colts head coach Tony Dungy refused to go into detail in his press conference yesterday.

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Argos add players to practice roster
The Toronto Argonauts announced the signing of Ryan Glasper and Jermaine Mays to their practice roster yesterday. THE CANADIAN PRESS

NLCS Phillies look to close it out

KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

Philadelphia Phillies' Jimmy Rollins, right, is congratulated by Chase Utley after hitting a home run during the first inning in Game 5 of the NLCS against the Los Angeles Dodgers. For a full game report check out www.metronews.ca.

Rough start for Hollweg

LEAFS FEATURE

It was a simple message, but one Ryan Hollweg needed to hear.

"He seems to be missing a filter and you have to put an effective filter in there (and that is) you should pull up when you see a guy like that," Leafs coach Ron Wilson said yesterday regarding Hollweg's thought process when he zeroes in on a hit along the boards.

Several of those Hollweg hits had the potential be very dangerous — boarding and hits from behind — such as those seen the past week in two games against the St. Louis Blues.

In the latest case, rookie Alex Pietrangelo skated away with a stiff neck after Hollweg slammed him headlong into the boards.

While there was no serious injury, the NHL certainly had little stomach for the incident — Hollweg's fourth in 41 games. Based on the frequency of those infractions, league disciplinarians slapped him with a three-game suspension, one more in total than a two-gamer he received for a similar hit in the pre-season schedule.

"It's up to him and if he doesn't learn, the suspension will be a lot longer the next time," Wilson said, echoing sentiments from the league in their explanation of Hollweg's three-game sentence.

Hollweg appeared to heed the words of his coach yesterday, but didn't apologize for the hit. He also felt that while he was entirely responsible for his current predicament, the league has let similar incidents go by unpunished.

"It's part of my game, and things haven't gone my way. I've seen (hits) much worse and no call was made, so there's a double standard there."

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Mocking national anthem angers French officials

Angered at the jeering of the national anthem before a friendly soccer match between France and Tunisia, French officials vowed yesterday to cancel future games if there is any repeat of the incidents. THE ASSOCIATED PRESS

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England, Dutch perfect

WORLD CUP ROUNDUP

England 3, Belarus 1

IVAN SEKRETAREV/THE ASSOCIATED PRESS

England's Wayne Rooney, second from right, scores past Belarus' goalkeeper Yuri Zhevnov, foreground center, during their World Cup group 6 qualifying soccer match in Minsk, Belarus, yesterday.

England is off to its best ever start in World Cup qualifying and Netherlands also won yesterday to make it a maximum nine points from three games.

Wayne Rooney was again England's star, scoring two goals in a 3-1 win at Belarus only days after his two goals in Saturday's 5-1 victory over Kazakhstan at Wembley.

After victories in Andorra and Croatia, England has a five-point advantage over Ukraine and Croatia in Group 6 going into a six-month break in qualifying.

The Netherlands also holds a five-point advantage in Group 9 in the race for spots at the 2010 World Cup in South Africa after beating Norway 1-0.

A minute after Dirk Kuyt had hit the crossbar, Mark van Bommel scored in the 64th minute and the Dutch have nine points from three games. "We knew it was going to be a very tough game," Netherlands captain Giovanni van Bronckhorst said. "We are very happy with the three points. It gives us a lot of trust and confidence going into the future."

"We are very happy with the three points. It gives us a lot of trust and confidence going into the future."
Netherlands captain Giovanni van Bronckhorst

After taking only one point from its first two games, the Czech Republic revived its hopes of going to the finals by edging Slovenia 1-0

Helped by two own-goals and a late strike by Andrei Arshavin, Russia outplayed Finland 3-0 in Group 4. Lithuania edged Faeroe Islands 1-0 to keep the pressure on Group 7 leader Serbia, which both have nine points.

Portugal's faltering challenge continued with a 0-0 draw at home to 10-man Albania.

David Villa, the leading scorer at this year's European Championship, scored a late winner for Spain in a 2-1 victory at Belgium.

Croatia outplayed last-place Andorra to a 4-0 drubbing.

Germany edged Wales 1-0 while Greece tumbled 2-1 at home to Switzerland but stayed top of Group 2. Israel drew 1-1 with Latvia.

THE ASSOCIATED PRESS

Sports in brief

OLYMPICS Madrid's Olympic bid chief said yesterday he is concerned that another racist incident in Spanish sports could affect the city's chances of hosting the 2016 Games. Mercedes Coghen was reacting to UEFA's decision Tuesday to order Atletico Madrid to play its next two Champions League home games at a neutral venue because of violent and racist behaviour by fans during a match against Marseille.

THE ASSOCIATED PRESS

Peyton hid knee problems from opponents

NFL Peyton Manning kept quiet about his second knee surgery for one reason: He thought it would give opponents an advantage.

Peyton Manning

The two-time league MVP answered questions about the surgery for the first time publicly yesterday, two days after coach Tony Dungy confirmed Manning needed two surgeries to clear the bursa sac infection in his left knee.

"The reason I just didn't really confirm or deny it the first time was I just didn't really want the Bears to know they were playing against a guy that was four weeks off of surgery," he said. "I know if I was playing against a corner that was four weeks off of surgery, I would definitely test out how good that surgery was in a game. So I just didn't think it was fair to reveal that information."

Manning continues to insist it is irrelevant now that he has produced his two best games of the season. A week ago, he helped orchestrate a remarkable comeback at Houston, rallying from 17 points down with less than five minutes to go.

THE ASSOCIATED PRESS

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MCC 893653-3375B HFL 10/08

Lakers' Vujacic out 2 weeks with sprained ankle
L.A. Lakers guard Sasha Vujacic will miss the next 10 to 14 days because of a sprained ankle, the team said yesterday. METRO NEWS SERVICES

NEIL DAVIDSON/THE CANADIAN PRESS

Light-heavyweight Keith (The Dean of Mean) Jardine works out yesterday with coach Greg Jackson, right, in advance of his Saturday night fight with Brandon (The Truth) Vera on at UFC 89, in Birmingham, England.

UFC food chain blurry

When it comes to light-heavyweights in the UFC, the food chain is hard to figure out. But whichever way you look at it, Keith (The Dean of Mean) Jardine is involved in the storyline.

Jardine beat Forrest Griffin who dethroned Quinton (Rampage) Jackson who upset Chuck (The Iceman) Liddell. Jardine defeated Liddell who beat Wanderlei (The Axe Murderer) Silva who stopped Jardine. Griffin beat Stephan (The American Psycho) Bonnar who decisioned Jardine.

"There is no food chain," said Brandon (The Truth) Vera, a newcomer to the weight class. "It's whoever wakes up feeling better that day, it seems like in the 205-pound division."

"There is no food chain...It's whoever wakes up feeling better that day, it seems like in the 205-pound division."
Brandon "The Truth" Vera

Jardine, 32, has had bad big wins and big losses. But bottom line, he has lost two of his last three mixed martial arts fights — to Silva and Houston Alexander — as he prepares to tackle Vera at UFC 89 on Saturday. UFC president Dana White, for one, wants to see the old Vera in action Saturday.

"As soon as he had a few wins and all the money got involved and his new contract and his ex-manager and all that bullshit, he's changed," White lamented. "He's not the same fighter he was. He needs to put all that shit behind him." THE ASSOCIATED PRESS

Sports in brief

RACING The 2009 French Grand Prix was cancelled yesterday when the cash-strapped French Motorsport Federation withdrew its backing of the Formula One race. FFSA's board of directors said it didn't want to risk a financial loss, but will try to resurrect the world's oldest grand prix in 2010.

DOPING Third-place Tour de France finisher Bernhard Kohl admits he used the new blood booster CERA because he was under "incredibly huge" pressure to perform. Kohl said yesterday he won't appeal, even though he faces a two-year suspension from international competition.

CYCLING Cyclists will face four-year bans next season if found guilty of serious doping offences. International Cycling Union president Pat McQuaid plans to double the current penalty of two years in "aggravating circumstances" or blatant abuses.

THE ASSOCIATED PRESS

PHOTO OF THE DAY
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United States
World Trade Center's Tribute in Lights

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Eddie Jones looking at retirement

Eddie Jones, who was acquired by the Indiana Pacers in last week's deal that sent forward Shawne Williams to the Dallas Mavericks, admitted yesterday he was thinking about retirement. The Pacers were already aware Jones would not report. THE ASSOCIATED PRESS

Stake in world's richest horse sold

CURLIN Keeneland says it has been picked to handle the sale of a minority share of Curlin, the richest American racehorse of all-time.

The deadline is Nov. 5 for potential buyers to submit a sealed bid for the 20 per cent stake in the 2007 Horse of the Year and Breeders' Cup Classic winner. A judge had ordered the minority share be sold to help satisfy a $42-million civil judgment against the horse's minority owners, William Gallion and Shirley Cunningham.

Curlin will attempt to defend his title in the Breeders' Cup Classic on Oct. 25.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES
BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
TONIGHT'S GAME
Tampa Bay at Boston, 8:07
SATURDAY, OCT. 18
x-Boston at Tampa Bay, 4:37
(Tampa leads series 3-1)
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia at L.A. Dodgers, 8:22
FRIDAY, OCT. 17
x-L.A. Dodgers at Philadelphia, 8:22
(Phillies lead series 3-1)

x — only played if necessary.

NHL

YESTERDAY'S RESULTS
Buffalo 3 N.Y. Rangers 1
Montreal 4 Boston 3 (SO)
Phoenix at Chicago, 8:30
Nashville at Dallas, 8:30
Edmonton at Anaheim, 10

CFL

FRIDAY, OCT. 17
B.C. at Edmonton, 9
SATURDAY, OCT. 18
Montreal at Toronto, 3
Winnipeg at Calgary, 6:30
SUNDAY, OCT. 19
Hamilton at Saskatchewan, 3

NFL

SUNDAY, OCT. 19
Baltimore at Miami, 1
Dallas at St. Louis, 1
Minnesota at Chicago, 1
San Diego at Buffalo, 1
Tennessee at Kansas City, 1
San Francisco at N.Y. Giants, 1
Pittsburgh at Cincinnati, 1
New Orleans at Carolina, 1
Detroit at Houston, 4:05
N.Y. Jets at Oakland, 4:15
Cleveland at Washington, 4:15
Indianapolis at Green Bay, 4:15
Seattle at Tampa Bay, 8:15
MONDAY, OCT. 20
Denver at New England, 8:30

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Fighting for survival

RAPTORS FEATURE

It is as much Roko Ukic's inquisitive nature as his basketball skills that have vaulted him right back into the picture in the Raptor battle to be starting point guard Jose Calderon's primary backup.

The rookie will get significant minutes in the final four pre-season games to see if he can beat out Will Solomon for the job, and it's his willingness to absorb information that's caught the eye of his head coach.

"He's always asking questions, man," coach Sam Mitchell said of Ukic yesterday.

"During the games, he sits next to (assistant coach) Mike Evans ..... Mike tells me, `Hey, Roko's just asking me questions about this play, that play, why Jose does this, why he does this.' That's how you learn."

For Ukic, the 23-year-old Croatian at his first NBA training camp, asking questions is simply a matter of survival.

CHRIS YOUNG/THE CANADIAN PRESS

Toronto's Roko Ukic, right, lays off a pass despite the defensive efforts of CSKA Moscow, on Tuesday night in Toronto.

He's smart enough to know what he doesn't know and the best time to posit queries of the assistants is when things are happening right in front of him.

And the Solomon-Ukic question is the only serious left to be answered in the last half of the pre-season.

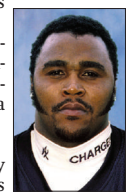
While lauding Solomon for his defensive abilities, Mitchell has questioned the 30-year-old's offensive decision making in the last two games and he hasn't won any points by running plays that Mitchell doesn't call. TORSTAR NEWS SERVICE

Former NFL star Mims found dead

ATHLETE OBIT

NFL Former San Diego Chargers defensive lineman Chris Mims has been found dead in his downtown apartment.

Police say the 38-year-old Mims was discovered this morning by officers conducting a welfare check.



Chris Mims

Police say there does not appear to be any evidence of foul play.

Coroner's officials declined to comment because Mims' relatives had not yet been notified.

Mims played eight seasons in the NFL, seven with the Chargers and one with the Washington Redskins.

He retired in 2000.

THE ASSOCIATED PRESS

Golf great Seve Ballesteros has tumour removed

GOLF Seve Ballesteros was in stable condition yesterday after the 51-year-old golf great underwent brain surgery a day earlier.

Seve Ballesteros

La Paz hospital said there were no complications from Tuesday's operation. Spanish state news agency Efe reported the surgery lasted 12 hours.

The hospital said a sizable part of a brain tumour was removed. It was not immediately known if it was malignant and it would be several days before the results were announced.

THE ASSOCIATED PRESS

Sports in brief

BASKETBALL Phoenix Suns point guard Steve Nash left yesterday's exhibition contest against the Atlanta Hawks with an apparent ankle injury. Nash left late in the first half with the injury, after scoring 11 points on 5-of-6 shooting with six assists in a little more than 13 minutes of action. The Canadian, two-time MVP and six-time All-Star averaged 16.9 points and 11.1 assists per game for the Suns last season, the 12th in the league for the 34-year-old. Suns officials downplayed the injury.

METRO NEWS SERVICES

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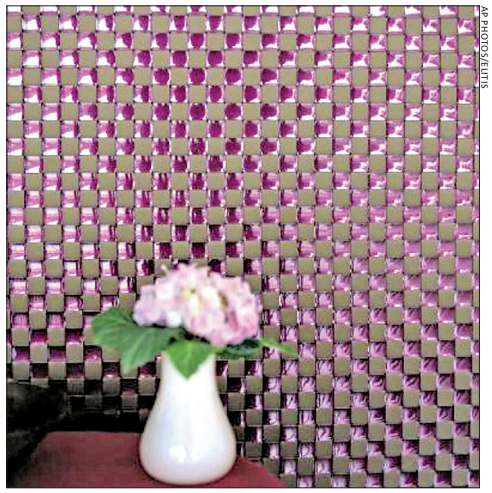
Artistry on a roll

Modern wallcoverings sophisticated, generate conversation

Remember wallpaper? For many of us, the word evokes prim florals draping grandma's boudoir, or a parade of dancing vegetables across the kitchen wall. But today's papers are worlds removed — sophisticated, colour-smart sheets of art that may banish any memories of bad taste or boredom.



AP PHOTOS/ELITIS

The Glass Rocks (left) and Fashionista (above) wallcoverings, both by Elitis. Today's wallpapers are sophisticated, colour-smart sheets of art that may banish any memories of bad taste or boredom.

At this year's International Contemporary Furniture Fair in New York, there was buzz around the booth of Trove Wallcoverings. Jee Levin's photoprinted papers featured moths, birds, blossoms and other natural forms in ethereal, muted tones. They were almost like stop-action films; in fact, Levin's Indi design, a flurry of swallows startled into flight, seems inspired by Hitchcock's The Birds.

Levin's papers may have subtle colourways, but there is nothing shy about them. She has the sense that these days, even minimalists want more than white or one-toned walls.

"The wall's an equally important element of a space. It's a vast canvas with infinite possibilities. Many of our customers use our papers as an alternative to framed artwork," she says.

Given Campbell is another of the new breed of wallpaper designers. The young New Yorker designs and sells some of the most assured and striking graphics on the market, as well as some of the most charming. Her London series depicts some of that city's signage and iconic images, but she also has some fun with bubbles, ripples and elephants.

Elizabeth Solomon's March Hare has an Edwardian children's-book feel, ideal for a young one's room. And Stephanie Gale's Metropole and Tribeca series have a modernized art deco sensibility. Campbell is excited about what she feels is a renaissance in wallcoverings: "There's never been such a rebound of any category in this market in recent memory." She views the trend toward bolder patterns on the walls as a counterbalance to mid-century modern design, which dominates today's interior design trends.

"The designs create the perfect tension in a room; they generate excitement and conversation," Campbell said.

Over at Bunny Maxwell's online shop, the mantra is Live Loud and Decorate. Maxwell, aka Courtney Bush, has stocked her eshelves with girly silk chandelier shades and retro-inspired kitchenware, but she also sells intriguing wallpapers from Canadian designer Judit Gueth and Swede Lisa Bengtsson.

Gueth illustrates peacocks, lilies, koi and rococo flourishes, while Bengtsson creates a fashionista's dream collection of shoes printed in graphic black and white, as well as a paper called Family Portrait that depicts a series of picture frames.

Affix the paper, then place photographs or artwork within the frames to create a truly personal statement.

Today's wallpapers are, for the most part, made with non-toxic inks, soy-based coatings, and eco-friendly fibres that are washable and UV-resistant. However, for those unconcerned with scrubability, Creative Wallcoverings makes an elegant array of metallic finished papers embedded with spun glass, tiny pearls or beads that would look luxe in a powder or dressing room.

The French firm Elitis pushes the envelope even further with a collection featuring crocodile-printed "leather," vinyls that mimic colour-saturated glass mosaic tile, photoscanned pebbles, even densely woven straw. And for the very daring, there is a flocked metallic called Tenue de Soiree (Evening Dress) that is both lacy and racy.

What would grandma say? THE ASSOCIATED PRESS

Online wallpaper

- *troveline.com*
Nekkar, Azha and Indi papers.
- *givencampbell.com*
Lift, Forbidden City papers by Given Campbell; March Hare by Elizabeth Solomon; Metropole by Stephanie Gale.
- *bunnymaxwell.com*
Koi by Canadian Judit Gueth; Mother-in-Law by Lisa Bengtsson.
- *carnegiefabrics.com*
Xorel embroider wallcoverings.
- *www.elitis.fr*
Pailles Japonaises natural fibre wallcovering; Big Croco vinyl wallcovering; Luxury Walls Stones wallcovering; Tenue de Soiree prices on request.

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Decor

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ROBYN VICKERS

First impression

Striking red lacquer heats up the foyer

HOME & STYLE The key to entertaining is making an impression the moment guests set foot inside your home, and a warm welcome doesn't get any hotter than this. The look of red lacquer — think vampy red nail varnish — in a fusion of fluid, neo-baroque and Asian forms makes for a fabulously fierce foyer. Mirror, $50, Chinese garden stool, $40, HomeSense, *homesense.ca* for stores. Console, $695, Belle Époque, *belleepoque.ca*. Foo dog bookend, $50 US per pair, CB2, *cb2.com*.

— BRETT WALTHER

Fine tuning

Setting the mood for your soiree

ENTERTAINING "Music can make or break an event," says Ashleigh Dempster, co-founder of culture club The Society. Think about the tone you want to set for the evening and build a playlist. For most events, start with a mellow vibe, build the rhythm as the night progresses, then bring it down. If you can't be bothered creating a playlist or choosing CDs, turn on a music channel on digital cable or select an iTunes radio station.

— CORINNA VAN GERWEN

Master of modern blooms

A star New York floral designer offers arranging advice

Michael George has created florals for A-listers including Giorgio Armani, Calvin Klein, Vera Wang and, of course, his friend Martha (Stewart, that is), who wrote the foreword to Simply Elegant Flowers with Michael George ($30 US, North Light Books, 2008).

He has over five decades of experience, owns two flower stores and is the artistic director at the prestigious FlowerSchool New York. Here, he shares tips for creating his signature arrangements:

• Put flowers in water right away and, if possible, let them drink for eight hours before arranging. He also suggests using a plant food, like Chrysal, to extend the life of your arrangement.

LISA GEORGE

• Remove all thorns and foliage from flower stems below the water line. Align the tops of the flowers, cutting the stems with an even, straight stroke.

BRIE WILLIAMS

• Drop flowers into a vase the way you would pencils in a jar.

• Used to hold stems in place, rubber bands and clear hair ties are key to Michael's look. Position a band at the top of the water line, so it's not visible. By moving the band up or down, you can adjust the diameter of your bouquet.

BRIE WILLIAMS

— LIZA FINLAY

Pitcher perfect **Serve your guests water from one of these striking vessels**

When entertaining, always offer water as part of your beverage selection. Add a splash of flavour with a few citrus or cucumber slices, or a handful of berries. They'll make a glass of H_2O even more refreshing, especially when poured from a smashing pitcher. From left, Cha Cha, $35, Crate & Barrel, *crateandbarrel.ca* for stores and to order; Kate Spade's Larabee Dot, $145, William Ashley, *williamashley.com*; Claro, $52, Pottery Barn, *potterybarn.ca* for stores; Marc Jacobs for Waterford's Jean footed jug, $475, Waterford Wedgwood, *waterfordwedgwood.ca*; Svepa, $4, IKEA, *ikea.ca* for stores.

— CORINNA VAN GERWEN

NINA TEIXEIRA

Meet the editors this weekend at the first Style at Home Show

Among the many home and garden experts you'll encounter at the Style at Home show from Oct. 17 to 19 are the magazine's editors, who will be speaking on the main stage and answering questions at the Ikea Design Cafe and the High-Low stage. You can also visit the Dream Master Bedroom Suite created by the Style at Home design team. For details turn to page 24 of Metro and visit *styleathomeshow.com*.

Style at Home editors who will be at this weekend's show include, from left, decorating editor Kimberley Seldon, senior design editor Margot Austin and design editor Samantha Pynn.

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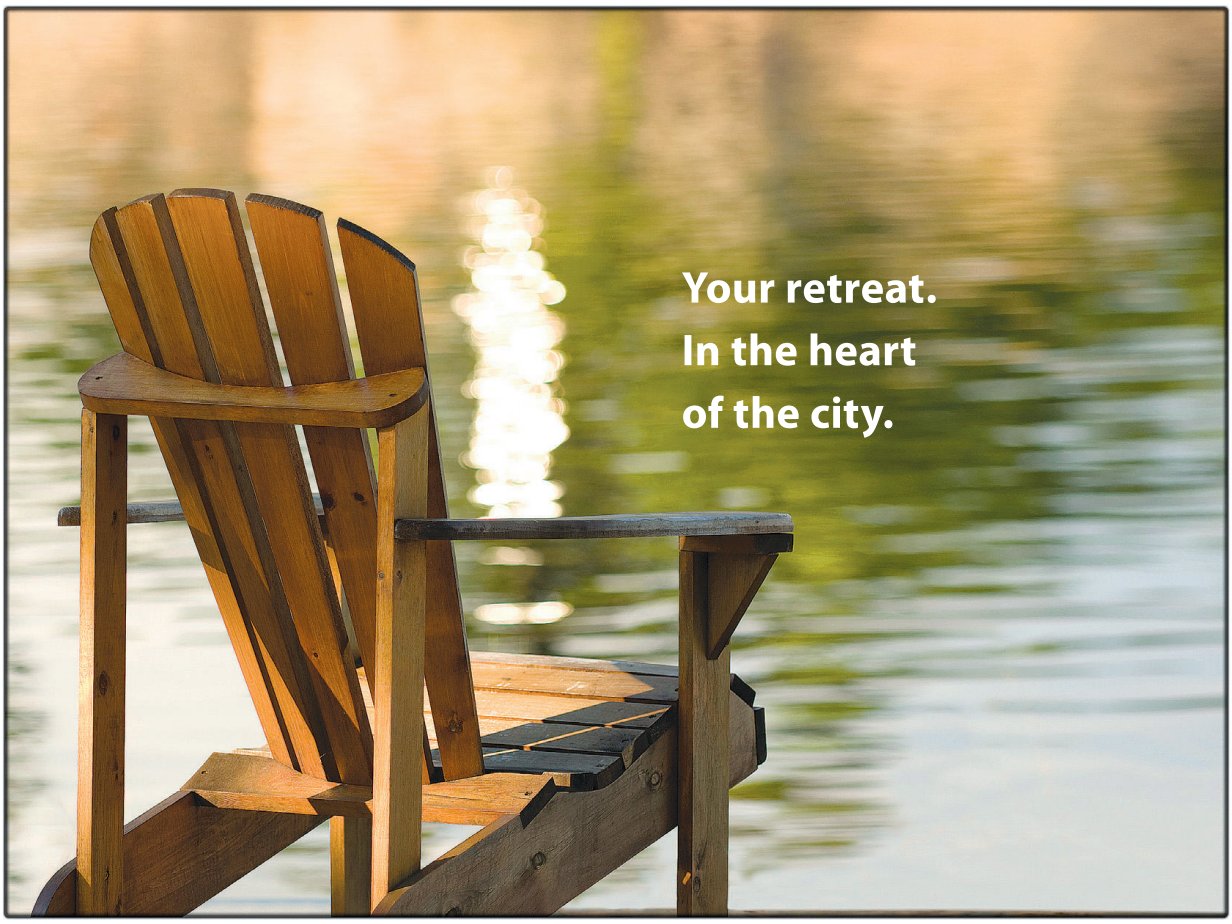

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Style at Home Show will bring together decor, gardening and cooking experts

INSPIRATION The first annual Style at Home Show will debut this weekend at the Direct Energy Centre, bringing together a wide range of home and garden experts including the editors of Style at Home, Canadian Gardening and Canadian Home & Country magazines.

Features include the Ikea Design Cafe, with free one-on-one design consultations; Canadian Gardening's The Green Room, with a mix of hands-on activities and presentations; the luxurious Dream Master Bedroom Suite, created by the Style at Home design team; and Canadian Living's Chefs' Kitchen, where Canadian Living's executive food editor Elizabeth Baird and guest chefs will share food and entertaining ideas.

METRO NEWS SERVICES

Show details

- Friday, Oct. 17 to Sunday, Oct. 19, Direct Energy Centre, Hall A, Exhibition Place.
- Adults $12 online or $14 at the door; seniors (60+) and youth (13-17) $12; children (12 and under) free with an adult.
- Tickets are available by phone at 416-218-3545, by fax at 416-218-3585, online at *styleathomeshow.com* or at the door.
- Hours are Fri., 10 a.m. to 9 p.m.; Sat., 10 a.m. to 7 p.m.; and Sunday 10 a.m. to 5 p.m.

Residential MLS listings down in Q3

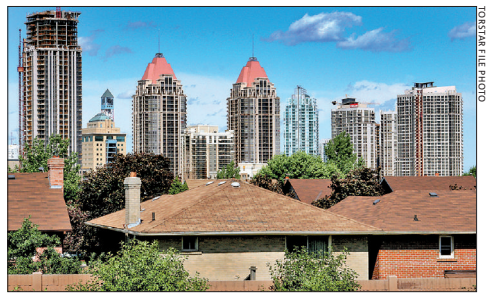
New listings of homes for sale on the Multiple Listing Service in major Canadian markets edged lower in the third quarter of 2008, due primarily to easing in Edmonton and Calgary, the Canadian Real Estate Association said yesterday.

Seasonally adjusted new listings declined by 3.3 per cent from their peak in the second quarter of 2008, causing the balance of sales to new listings in the resale home market to tighten on a quarter-over-quarter basis for the first time since the beginning of 2007.

But compared to the third quarter of 2007, new listings increased by 6.5 per cent.

There were 146,637 new residential listings on a seasonally adjusted basis in the third quarter of 2008, compared to 151,573 in the second quarter. New listings in Edmonton and Calgary eased the most, followed by declines in Vancouver and Montreal.

"Informed buyers and informed sellers look at the facts. And the facts right now indicate the real estate resale market is stabilizing in many markets," CREA president Calvin Lindberg said in a statement.



TORSTAR FILE PHOTO

Seasonally adjusted MLS residential home sales in Canada's major markets declined by 1.5 per cent quarter-over-quarter to 76,391 units, due primarily to fewer sales in Vancouver. Year-over-year home sales plunged by 10.7 per cent.

Lower sales activity in higher-priced markets pulled the overall average price for MLS residential listings in major markets down by 6.2 per cent year-over-year in September, despite average price gains in 17 of 25 major markets.

"Price declines in some of Canada's more expensive housing markets will outweigh further price gains in other markets and continue pulling the national average price lower over the rest of the year and into 2009," CREA chief economist Gregory Klump said in a statement.

But "Canadian homebuyers should not expect to see the kind of price correction that's underway in the U.S., where overly indebted homeowners are selling into a housing market where foreclosures and the number of newly constructed unoccupied homes are increasing," Klump added.

THE CANADIAN PRESS

Land transfer tax comes home?

- Resale homes prices in the Greater Toronto area fell for the first in more than a decade in September, down three per cent to $368,549. The City of Toronto saw prices fall six per cent to $393,647, compared to a year ago. Sales in the GTA fell six per cent to 6,424 homes changing hands in September compared to last year, versus a drop of three per cent, to 6,622, in Toronto alone. Homes also sat on the market longer, for 36 days compared to 31 days a year ago.

The Toronto Real Estate board blames the economy, as well as a new land transfer tax in the city for the fall-off in sales.

In Montreal meanwhile, sales increased 13 per cent in September to 3,060, bucking the national trend. "The market is still solid in Montreal," said Michel Beausejour, CEO for the Greater Montreal Real Estate Board. "We are a little bit outperforming the rest of the country."

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Frid: 10, 17, 24: 10-8
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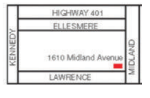

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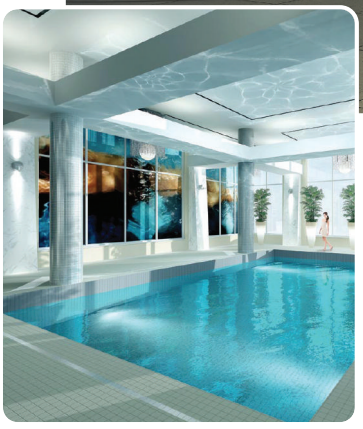

New Penthouse Release.

The Storey of

Pam

Meet Pam, aka career woman. Like the rest of her friends who've entered the work force, she pretends to work and they pretend to pay her. But at least now her time is hers to do as she pleases. Sampling the bounty of local eateries. Entertaining friends in the condo's ultra modern party room or fully decked lounge. Escaping to the theatre via Sheppard Subway. Visit menkes.com to see how the storey of Pam plays out.

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ADVERTISING FEATURE

Steps to Yorkville, but not at Yorkville prices

At Couture, you can live steps to the shops on Yorkville, but not pay the Yorkville prices for a condominium. Couture is close to excellent shopping, parks, recreational facilities, DVP and more. Explore all that Couture has to offer, especially you urban sophisticates who would like to live within walking distance to the prestigious shops in Yorkville and along Bloor, and the exciting clubs and restaurants of the Church Street neighbourhood. Those who commute by public transit can also walk to the Bloor-Yonge and Sherbourne subway stops.

Couture's striking exterior is designed by renowned Graziani & Corazza Architects Inc., and the interior spaces and sophisticated two-bedroom + den model suite are appointed by Mike Niven of Mike Niven Interior Design Inc. From the dramatic two-storey lobby, enter a world of enticing amenities including the Couture Club with its party room and caterer's kitchen, bar and billiards table; fitness room with cardio, yoga and aerobics area, and commercial-grade workout equipment; His and Hers saunas; and a shared indoor pool in a greenhouse setting at Bloor Walk condominium, phase one of this project.

Recently, the developers released the spectacular penthouses at Couture, which feature spacious layouts with dramatic floor-to-ceiling windows for breathtaking views. To name just a few, the penthouse appointments include gracious oversized 1½ suite entry doors; a distinctive tile pattern in the foyer; engineered hardwood flooring in the living room, dining room, den and kitchen; separate shower stall with frameless glass shower door, and double sinks in the ensuite as per plan; a gourmet kitchen with an upgraded appliance package, and a wine fridge as per plan; and one locker is included in the purchase price.

All suites feature an individually controlled year-round heating and air conditioning heat pump system, plus energy- and money-saving "green" features such as ENERGY STAR®-rated appliances, low-emission laminate flooring, individual suite metering of hydro consumption, and an automated recycling collection system.

The penthouses range in size from 820 to 1,666 sq. ft. and are priced from the mid-$400,000s. Suites on the lower floors from 557 to 977 sq. ft. start from the $290,000s.

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The Couture Sales Centre and two-bedroom and den Mike Niven designed model suite are located at 600 Jarvis Street (just south of Bloor). Hours are Monday to Thursday from noon to 6 p.m.; Friday closed; weekends and holidays from noon to 5 p.m. For more information, call 416-966-2791 or visit www.monarchgroup.net.

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couture
THE CONDOMINIUM

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It's not only turning heads, it's setting the benchmark in design and architecture. Couture is a sleek and slender glass tower soaring an incredible **44-storeys above Bloor and Jarvis** and offers unparalleled views that stretch out as far as the eye can see. Located by the Yonge and Bloor subway line, this area is filled with boutiques, cafés, galleries, pubs and nightclubs. This is downtown living at its finest. The city is at your doorstep.

Mike Niven designed model suite open for viewing!
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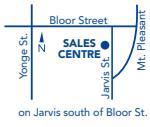

on Jarvis south of Bloor St.

*This offer is based on the Vendor's standard base retail price for all residential suites in the Couture project. Parking and locker units, if sold separately from the residential suite, are excluded from this offer. This offer is for a limited time only and may be withdrawn by the Vendor at any time until an Agreement of Purchase and Sale is signed by both Purchaser and Vendor. For further information, please consult the sales representative at the COUTURE sales office today. Prices, specifications and promotions are subject to change without notice. Renderings are artist concept and images are for mood and impression only. E.&O.E. **Brokers warmly welcomed with a personal introduction.** October 16, 2008.

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Vamping up the garage

Slick storage, floors and lighting make a dingy space welcoming

HomeScape

There are garages and then there are garages. One man who has seen them all is Ron Binder, co-owner of On-Wall Solutions, *onwallsolutions.com*, a company that specializes in garage renovation.

He recalls a client with a candy-red convertible who wanted flooring to match the finish of his car. Binder used clear, shiny industrial-grade epoxy, applying silver, red and black flakes between coats. "It was spectacular," he says.

Another client with a 1,500-square-foot garage installed a workshop, but it was no ordinary workshop. This car collector wanted one whole wall outfitted with cabinets and rolling carts. He had heating installed in the concrete floor, which was then finished in a shiny epoxy.

Extra lighting was added, electrical outlets were hidden behind closed doors. And get this — the garage also had a flat-screen TV, a sofa and a bar, thus making it the envy of many men (and women) I know.

Of course, the price tag for such a decadent car cave is upwards of $20,000, and it could be a lot more than that depending on the level of decadence you're after.

But for the ordinary garage — outfitted with storage so it's clean, organized and looks good — the price tag can be as low as $2,000.

Finished floors make a big difference in the look of a garage. Epoxy finishes seal the garage floor beautifully, and PVC tiles are another possibility that offer colour and can be laid in different patterns to add variety.

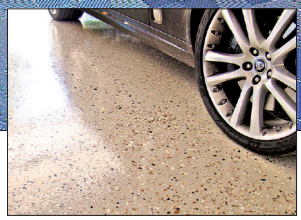
Bare concrete walls can be easily dressed up too, making the garage look more like a room and less like a garage. Even painting the walls with white or light-coloured exterior-type paint can brighten things up considerably.

If you choose to add a wall system, you'll find most garage organization companies carry a particular brand of hooks, bins and innovative storage options.

One company called 1st Choice Garage Outfitters *1stChoiceGarage.com*, sells a slat-wall system from which to hang accessories such as baskets, hooks, shelves, tool holders and a folding work bench. This product comes in black, white, taupe, grey and a maple-grain wood look. When these panels line the walls in a garage, it gives a bright, contemporary, horizontal look.

If you opt for cabinets, you'll find they can lend considerable visual pop to your garage.

For example, OnWall Solutions offers mix-and-match cabinet modules in contemporary-looking 19-gauge stainless steel, and 1st Choice Garage Outfitters offers a red metal cabinet that can really boost the wow factor. For a slightly higher price, metal cabinets are completely customizable — so you can even match the colour of your car.



1STCHOICEGARAGE.COM PHOTOS

Colour can really add pop to a dull space. These snazzy metal Geneva cabinets come in red or taupe, and are available from 1st Choice Garage Outfitters, *1stChoiceGarage.com*. The company also installs PVC tiles, above right, which let water flow through to a drain; and high-gloss epoxy finishes, right, which seal flooring and make for easy cleaning.

Lighting the way

- Better lighting can make a world of difference in a garage. It can help turn a dull, dark space into a welcoming, comfortable room — whether that room is to be a luxurious car cave or a work space for a busy family.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

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Capping adjustments

Q I entered into an agreement of purchase and sale with a developer a couple of years ago and now the building is complete. My lawyer has just contacted me and provided me with a document called a Statement of Adjustments, which contains numerous charges that I was not aware applied to the purchase of the property. What is the recourse for these extra charges?

LegalMatters

Jeffrey D. Cowan
jeff@cowanandtaylor.com

A This is a very common occurrence, especially for first-time homebuyers who have purchased directly from the builder and had no agent representation or did not have the agreement reviewed by a lawyer prior to the 10-day "cooling-off period". Built into virtually every Agreement of Purchase and Sale are items called Adjustments.

They can take the form of education levies, subdivision charges, utility meter installations, Tarion registration fees and even Law Society levies. The result is that the fees a builder has to pay to numerous parties to build and service the property are passed directly on to the purchaser but are not readily apparent when you sign on the dotted line.

The first line of defence is to have your new Agreement of Purchase and Sale reviewed by a lawyer. I regularly point these hidden costs out to potential purchasers and make them aware that they need to budget for them when the closing date finally arrives.

A second and more proactive approach to these costs is to go back to the builder and ask for a "cap" on adjustments. This can be dicey depending on the desirability of the development. If the building is extremely marketable (such as 1 Bloor St. East, which was in the news last year with a buying run on units), the developers would laugh at the suggestion.

However, in our current less-aggressive market, builders may be willing to haggle with you. One way or the other, please be aware that the bottom line is not really the bottom line.

Jeffrey D. Cowan is the principal of Cowan & Taylor, Barristers & Solicitors. The information contained in this article should not be relied upon as legal advice.

Get the yard ready for winter's wrath

Shorter days and cooler weather may have caused your garden and lawn to shed its green hue, but that doesn't mean you can't think green when it comes to preparing for the winter months ahead.

Fall lawn care

Caring for your lawn in the fall as you would in the summer months will yield maximum results the following growing season. Fertilizer allows your lawn to withstand the stress of winter and then green up fast in the spring.

Mind your mower

Before rolling away your lawn mower, make sure to winterize it to ensure a smooth cut next spring. Tighten all nuts and bolts and repair all scratches and chips to fight off rust. Hose off any mud, dirt, grass and leaves stuck to the mower and remove any debris caught in the blade with a stick — never with your hands. Opt for a push or electric-powered mower next season. They help reduce toxic air emissions produced by old two- and four-stroke gas mowers.

Get organized

In a hurry to make room for the snow blower, shovel and salt buckets? Don't forget to store your garden and lawn tools in a safe place. Clean all of your equipment and store it in a dry place to avoid rusting. Use a lawn-and-garden cart or organizer to keep all your tools together and to minimize the amount of space it takes up in your garage or shed.

NEWS CANADA

A little bit of preparation now will give your garden a jump come spring.

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Food

"Available year round, sweet potatoes' peak season is from October to March."
Barb Holland/for Metro Canada

Pick of the crop
Buy sweet potatoes that are smooth, well-shaped, firm, clean and free of blemishes or soft spots.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

A potato by any other name

À la carte

Barb Holland
Metro Food Writer

I yam what I yam, except when I'm a sweet potato. Talk about an identity crisis! When it comes to sweet potatoes and yams, much confusion exists.

Sweet potatoes are often mislabelled yams and the two names are often used interchangeably.

The sweet potato, native to Central and South America, can vary in shape from round and fat to long and skinny, knobby and smooth. The skin can range in colour from golden brown to copper or pale pink to deep purple, while the flesh may be white, yellow, orange, red, pink or even purple. The two most common ones in our markets are copper-skinned with bright orange flesh or the reddish-skinned sweet potatoes with yellow flesh.

The flavour will vary depending on variety, but as a general rule, lighter-fleshed sweet potatoes are more delicate, nutty rather than sweet, while the darker ones have a richer spicy-sweet flavour.

Few people outside North America make the yam-sweet potato mistake. Yams have long been a staple in the tropical and subtropical lands where they grow in abundance.

Of the hundreds of yam varieties, the ones we are most likely to find are white-fleshed tubers with a brown, rough, scaly skin from the Caribbean.

Sweet potatoes are very versatile and can be served in both sweet and savoury ways. Cook 'em up like potatoes — bake, roast, boil, microwave or toss on the grill, and try them in soups, salads, stews, pies or puddings.

Curried Lentils, Sweet Potato and Cauliflower
Jarred curry paste not only simplifies this healthy vegetarian dish but adds authentic flavour. The cardamom seeds also add great flavour; look for green cardamom pods in a bulk store or the spice aisle of your grocery store. Serve with roti or naan bread. Makes 4 servings (about 8 cups/2 L).

INGREDIENTS:
- 1 large onion, roughly chopped
- 3 tbsp (45 mL) Indian curry paste (mild or Madras)
- 10 cardamom pods
- 2 medium sweet potatoes, about 1 lb (500 g), peeled and cut into ½ inch (1 cm) pieces
- 3/4 cup (175 mL) green or brown lentils, rinsed
- 2 cups (500 mL) vegetable broth
- 5 cups (1.25 L) cauliflower florets
- 1/4 cup (60 mL) fresh coriander leaves
- Salt and pepper
- Plain yogurt, optional

METHOD:
Heat a large, heavy saucepan over medium-low heat. Add onion and curry paste, stirring paste thoroughly into onion. Cook, stirring constantly for 2 to 3 minutes.

To remove seeds from cardamom pods, smash pods with a large knife or meat mallet. Remove the small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes. Cook another 2 to 3 minutes.

Stir in lentils and broth, cover, and bring to a boil over high heat. Reduce heat and simmer, covered for 15 minutes. Add cauliflower and return to a boil; reduce heat and simmer 8 to 10 minutes or until lentils and vegetables are tender, stirring occasionally. Remove from heat, stir in coriander, and season to taste with salt and pepper. Let stand a few minutes before serving. Serve with a dollop of yogurt, if desired.

Sweet potato tips:
- Good for you: These healthy tubers are a very good source of vitamins A and C and manganese. They are also a good source of dietary fibre, vitamin B6 and potassium. If you eat the skin, you'll double the fibre, potassium and folacin as many of the nutrients are close to the skin.
- At about 100 calories per 3 oz (100 g), sweet potatoes contain no more fat or calories than white potatoes.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

top cookbooks

last week's bestselling books, according to amazon.ca:

1. **Barefoot Contessa Back to Basics: Fabulous Flavor from Simple Ingredients** (Ina Garten)
2. **Giada's Kitchen: New Italian Favorites** (Giada De Laurentiis)
3. **The Eat-Clean Diet Cookbook: Great-Tasting Recipes That Keep You Lean** (Tosca Reno)
4. **The Omnivore's Dilemma: A Natural History of Four Meals** (Michael Pollan)
5. **Cook With Jamie: My Guide to Making You a Better Cook** (Jamie Oliver)

METRO NEWS SERVICES

TSO raising funds with wine sell-off

AUCTION Over $1.1 million in wine is to be auctioned tonight as the Toronto Symphony Orchestra (TSO) presents its 18th annual Fine Wine Auction at Ritchies Auctioneers (380 King St. East).

Beginning with a reception at 5:30pm, and auction at 6:30pm, wine and symphony lovers are invited to secure rare fine wine offerings acquired from private donors, including the prestigious Arthur Lerman estate. A key fundraising initiative organized by the Toronto Symphony Volunteer Committee, all proceeds support the TSO and its educational programs. Admission is free.

Visit tso.ca/finewineauction for details.

METRO NEWS SERVICES

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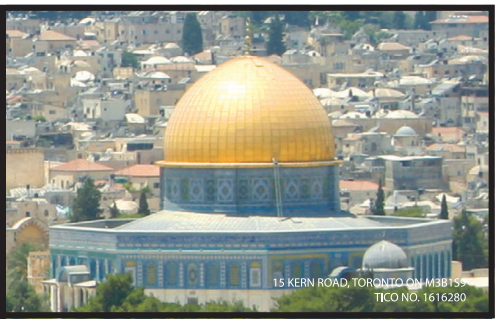

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Billy's Best Bottles

"Wines can offer a nice way to connect with the seasons. ...During the fall I like to drink wines that echo the woodsy flavours and feelings surrounding me." To read the full column, visit metronews.ca. METRO NEWS SERVICES

Fall for this pair of autumn delights

Stilton cheese, port, fresh rosemary and cranberry sauce combine to give lamb rib chops a whole new and exciting flavour.

THE CANADIAN PRESS

Lamb chops with stilton cheese and cranberry sauce.

Lamb Chops With Port

Makes 8 servings.

INGREDIENTS:

- 15 ml (1 tbsp) vegetable oil
- 16 lamb rib chops
- 5 ml (1 tsp) salt and pepper
- 2 cloves garlic, minced
- 15 ml (1 tbsp) finely chopped fresh rosemary
- 250 ml (1 cup) whole berry cranberry sauce
- 50 ml (1/4 cup) beef broth
- 50 ml (1/4 cup) port
- 30 ml (2 tbsp) red wine vinegar
- 15 ml (1 tbsp) butter
- Crumbled Stilton cheese (optional)
- Fresh rosemary sprigs, for garnish

METHOD:

Heat oil in large skillet set over medium-high heat until very hot. Sprinkle chops evenly with salt and pepper. Cook chops, in batches if necessary, for 2 minutes per side or until they reach preferred doneness. Transfer to a plate and tent with foil.

Reduce heat to medium. Add garlic and rosemary to skillet. Cook, stirring constantly, until golden and fragrant. Whisk in cranberry sauce until smooth.

Add beef broth, port and vinegar. Simmer, stirring often, for 5 to 6 minutes or until sauce is glossy and thickened. Remove from heat and whisk in butter.

Arrange lamb chops on a long narrow platter. Drizzle port-cranberry sauce down the centre of the chops. Garnish with crumbled Stilton, if using, and rosemary sprigs.

THE CANADIAN PRESS

For a decadent and sinfully rich delicious dessert to serve guests at fall dinners, this White Chocolate Mousse with Wild Blueberry Sauce is just the ticket.

THE CANADIAN PRESS

White Chocolate Mousse with Wild Blueberry Sauce dessert.

Mousse With Wild Blueberry Sauce

Makes 4 servings.

INGREDIENTS:

Mousse:

- 165 g (6 oz) white chocolate, finely chopped
- 10 ml (2 tsp) unflavoured gelatin
- 3 eggs, separated
- 1 envelope (8 g) vanilla sugar
- 15 ml (1 tbsp) granulated sugar
- 150 ml (2/3 cup) whipping cream

Wild Blueberry Sauce:

- 625 ml (2 1/2 cups) frozen wild blueberries
- 50 ml (1/4 cup) amaretto liqueur
- 2 ml (1/2 tsp) grated orange rind
- 45 ml (3 tbsp) cornstarch
- Shaved white chocolate, for garnish
- Fresh mint leaves, for garnish

METHOD:

Mousse:

In a heatproof bowl set over hot water, melt chocolate; let cool.

In a small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water. Warm over medium-low heat until dissolved.

In a bowl, whisk together egg yolks, vanilla sugar, sugar and 15 ml (1 tbsp) hot water until thickened. Add gelatin and whisk until combined.

Using electric mixer, beat egg whites until firm peaks form. Whip cream and fold into gelatin mixture. Fold in egg whites and melted chocolate until well combined. Cover and refrigerate for 4 hours or until set.

Wild Blueberry Sauce:

Meanwhile, in a saucepan, bring wild blueberries, amaretto and orange rind to boil. Whisk cornstarch with 50 ml (1/4 cup) of water and stir into wild blueberry mixture. Cook, stirring, for 1 minute or until thickened. Let cool.

Using ice-cream scoop, scoop out mousse onto plates decoratively and spoon sauce around the mousse. Sprinkle with shaved white chocolate and garnish with fresh mint.

THE CANADIAN PRESS

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Quebec to tackle issue of ultra-thin models

Concerns over ultra-thin models shifted from the runway to the political stage Tuesday as a Quebec minister revealed plans to forge ties with the fashion industry to tackle the issue in the province. THE CANADIAN PRESS

Style

Designer bag without the price tag

The right designer handbag can add the utmost style to almost any look. But for those who can't afford the price tag attached to the latest Burberry, there's Got 2 Have It! Handbags, a Canadian online handbag rental service (*got2haveithandbags.com*). The service is available across Canada and offers a large selection, including top designers like Coach, Chanel, Dolce & Gabanna, Gucci, Prada, Louis Vuitton, and more.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

'Carmindy Vision' beauty

What Not To Wear makeup artist stresses self-esteem in new book

ANN-MARIE COLACINO
Metro Canada

ANN-MARIE COLACINO/METRO CANADA

Carmindy from TLC's What Not To Wear was in Toronto recently to promote her new book Get Positively Beautiful.

Carmindy Bowyer is a makeup artist with a mantra.

Known simply as Carmindy, many will recognize the vivacious blond from her work on popular makeover show What Not To Wear (TLC). Sharing the show's philosophy, the New York City-based artist addresses women's insecurities in her latest book Get Positively Beautiful (Center Street), which she was in Toronto to promote last week.

"I was on my first book tour for The Five Minute Face … and I would meet a lot of women, and I would say, 'Gosh, you have such beautiful skin,' and she'd say, 'No, look at my pores.'

"Or I'd say, 'Your eyes are so pretty,' and she'd say, 'But tell me how to make my lashes longer'… They were so ready to embrace the negative.

"So this book is my manifesto, it's my voice to really shake women up and start a beauty revolution … you've got to look in the mirror every day and say something positive, because words are very powerful."

In Get Positively Beautiful, Carmindy teaches women how to focus on their best features and demonstrates easy makeup techniques for eyes, brows, lashes, lips, cheeks and skin — always presented in optimistic language, using key words such as "enhance" and "highlight," rather than "fix" or "cover up."

She also uses real women in one chapter to illustrate through words as well as photographs their perceptions of beauty and how they use makeup to celebrate who they are.

"Those are real women and their stories about how they dealt with their beauty issues and how they feel now, and then 'Carmindy Vision,' how I see them the minute I walk through the door. With a lot of them, it was really fun because they never saw some of the things that I saw."

"This book is … my voice to really shake women up and start a beauty revolution."
Carmindy, makeup artist

As for the negative self-images women harbour of themselves, Carmindy holds the media and cosmetics companies partly responsible for creating an unrealistic beauty standard and even quotes the likes of Darwin — "If everyone were cast in the same mold, there'd be no such thing as beauty."

"The truth is, they're pitting you against yourself; it's a game of compare and despair," says the 37-year-old California native.

In fact, as a former chubby, freckled teen, Carmindy knows insecurities first-hand. In the book, she documents how despite her parents' loving words, teasing from fellow students scarred her for years. Eventually, through her mother's inspiring career as a model/watercolour artist, her father's support in building her her first makeup mirror and a friend whose father was a makeup artist, Carmindy found her true calling.

"I thought, 'There's a job where you can actually paint beauty on people … and so from that age (16), I became obsessed with becoming a makeup artist."

Today, after more than a decade in the business and having worked with magazine models for Cosmopolitan, Marie Claire, Glamour, Elle and more, Carmindy says her number one beauty secret remains a positive attitude.

"It doesn't happen overnight, and it's not easy. But if you (look in the mirror and say) … 'I've got a great smile,' and walk away, then that attitude will change everything."

Carmindy picks

- Two of Carmindy's best makeup secrets are tinted sunscreen and luminizing face primer.
- In terms of makeup brands, she says she uses a variety, but cites Benefit, Make Up For Ever and Era as favourites.

ANN-MARIE COLACINO/METRO

MARY ALTAFFER/THE ASSOCIATED PRESS

A velvet dress by Thierry Mugler is on display during the Gothic: Dark Glamour exhibit.

Visit the dark side in goth exhibit

FASHION Coco Chanel once said that fashion has to die to live.

She was talking figuratively about the idea of seasonal renewal, killing off old styles so that new ones can emerge and grow. However, a new exhibit called Gothic: Dark Glamour at the Museum at the Fashion Institute of Technology in New York City takes a more literal look at how the theme of death has been carried through clothes over many years.

Other than the obvious black — fashion's favourite colour — designers have repeatedly turned to symbols of the dark side, ranging from the distortion of the body, to dark veils and the skull-and-crossbone motif.

The exhibit is open until Feb. 21, 2009.

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Girly looks in Conrad's spring collection

Lauren Conrad, the star of MTV reality show The Hills, showed 41 simple looks Tuesday at a packed show at Mercedes-Benz Los Angeles Fashion Week. Conrad's designs ranged from strapless floor-length dresses to high-waisted shorts and flowered dresses with bubble skirts. THE ASSOCIATED PRESS

Show off legs with booties

Style File

ask kim

Last week I read your tip on boots for women with skinny calves. What about women with the opposite problem, big calves? - Susan

As I mentioned before, *zappos.com* has all sorts of shoes sectioned off into links for women with specific needs, they have a wide calf section that feature brands like Naturalizer and type Z. *Duoboots.com* is another great site they have 21 different calf sizes to fit every type of leg.
E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Platform Zip
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

Step Into Comfort
Designer: Hush Puppies
Shop: Hangers
hushpuppies.com

Sleek
Designer: Geox
Shop: Geox
Address: Various Locations
geox.com

Warm Cable knit
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com

Bright Driving Gloves
Designer: Club Monaco
Shop: Club Monaco
Address: Various Locations
clubmonaco.com

Elegant bows
Designer: Nougat London
Shop: Fine Finds
finefindsboutique.com

booties

Bring on the booties! Wearing the right ankle boot can make or break an outfit. Only wear booties with dresses, skirts, tights and skinny jeans. Skip ankle boots that are cut straight across on the top, instead opt for ones that are cut on an angle so that your legs will look longer and leaner. Top trends in booties this season are patent leather and suede materials, paired with zippers and buckles and coloured in blacks, purples, greys and reds.

accessory
A cute cropped vest to layer with this fall, $121. Designed by Lily & Jae, available at Fine Finds, *finefindsboutique.com*

gloves

Protect your hands from the cold weather with some new winter gloves. Last year gloves were worn elbow length long (keep them aside for those cold winter days), but this year gloves are getting a lot shorter. Stay stylish and look out for gloves that are adorned with belts, bows and different coloured stitching. The shortest of the gloves are the driving gloves by Club Monaco — by far my favourite. Wear them with a long sleeve jacket so that your arms don't get too cold. The Nougat London gloves are made of great quality and are hand sewn; wear these with a bracelet sleeve jacket so you can show off the bows.

tip: If ironing leather is necessary, place a heavy brown paper over the leather and use a cool to medium iron. - *leather-gloves.biz*

Elton John penning musical comedy about AIDS
Elton John is writing a "film musical" about a man who has AIDS. The singer is penning the show with actor Ben Stiller in mind for the lead role, and despite its seemingly bleak subject matter John insists it will be a comedy. FEMALEFIRST.CO.UK

Entertainment

Weird jobs
Samuel L. Jackson kickstarted his career in Hollywood with his "weirdest job" to date — he first worked as a stand-in for Bill Cosby on his hit 1980s TV series. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Lucinda straps on rock boots

Lucinda **Williams**

Album: Little Honey
Label: Lost Highway/Universal
Rating: ●●●½

ROOTS QUEEN LUCINDA Williams straps on her rock 'n' roll boots for a peek backstage at the uglier side of stardom. With the wheel-in-the-rut expertise of band Buick Six backing her, Lucinda finds love standing behind an electric guitar in Real Love, visits Pete Doherty in rehab clinic Little Rock Star, drives sexual innuendo to new heights in Honey Bee and ties it all together with her covering finale of AC/DC's It's A Long Way To The Top. It would have been nice to see Lucinda carry the theme throughout the entire 13 songs, but she too often slips into the oh-so-dark dark honky tonk spaces that dominated her previous CD, West.
Graham Rockingham/for Metro Canada

Keane

Album: Perfect Symmetry
Label: Interscope/Universal
Rating: ●●●

DARK THEMES AND slightly off-kilter wit keep this English trio from turning into a Britpop version of Maroon 5. Even Keene fans will see through the '80s synth dance beats and get into analyzing the ironic narcissism of opening track Spiralling. There's a handful of cuts carefully prepared for radio play, but much of the rest drops off into synthetic banality. If we must have an '80s revival, why not draw from the good stuff?
Graham Rockingham/for Metro Canada

SOREN SOLKAER-STARRE/UNIVERSAL MUSIC

Dark themes and slightly off-kilter wit keep English trio Keane from turning into a Britpop version of Maroon 5.

Missy **Higgins**

Album: On A Clear Night
Label: Reprise/Warner
Rating: ●●●

HER ROOTSY, WELL-CRAFTED songs have been the toast of Australia for the past few years, but it's still to be determined whether Miss Higgins will have the same impact in North America à la Scotland's K.T. Tunstall. There's too many songs of broken relationships and not enough energy. Maybe we should turn our attention to all the similarly talented singer-songwriters we have in this country before we start exporting them from down under.
Graham Rockingham/for Metro Canada

Women

Album: Women
Label: Flemish Eye
Rating: ●●●

IF CHAD VANGAALEN has done anything since signing to Sub Pop, it's get the rest of Canada to view Calgary as an indie rock hotbed. The pressure's off the singer-songwriter though, as his friends in Women can now carry the Cowtown torch. The band's debut is a solid collection of noisy pop that straddles the line between Pavement accessibility and Sonic Youth drone. That combo might throw off some listeners, but generally these are infectious, well-crafted tunes that you can happily keep on repeat.
Bryan Borzykowski/for Metro Canada

Land of **Talk**

Album: Some Are Lakes
Label: Saddle Creek/Outside
Rating: ●●●½

THE BUZZ SURROUNDING Montreal's Land of Talk is nearly deafening. Reviews in international papers, a gig in New York's Central Park; this female-fronted trio is clearly on their way up. And their debut full length can only help them. Filled with raw, driving rock energy, the band delivers a cohesive set of lively indie music. Picture Metric crossed with Sarah Harmer's vocals and a healthy dose of gritty grunge. It's not perfect —the music is muddy in parts and Elizabeth's Powell's melodies need some work — but it's a great start to what should be an exciting career.
Bryan Borzykowski/for Metro Canada

Glasvegas

Album: Glasvegas
Label: Red Ink/Sony BMG
Rating: ●●●●

THERE CAN BE POWER in simplicity. Caroline McKay, the foundation of Scottish band Glasvegas' sound, isn't in danger of wearing out her drum kit (think Mo Tucker, not Keith Moon). McKay picks her spots, and sometimes sounds like she could break into Be My Baby by Phil Spector's Ronettes. On top of that rudimentary but effective base, James Allan (lead vocals, rhythm guitar), Rab Allan (lead guitar, backup vocals) and Paul Donoghue (bass, backup vocals) build music with enough drama and artistry to hearken back to a different era.
Jim Reyno/for Metro Canada

Album**Reviews**

music@metronews.ca

Martin to battle Baldwin for Streep's affections in new flick
Funnyman Steve Martin will do battle with actor Alec Baldwin for the affections of Meryl Streep in an upcoming movie. The film is scheduled to begin shooting next February. IMDB.COM

Brinkley files suit against ex

PEOPLE Christie Brinkley has reportedly filed suit against ex-husband Peter Cook for breaching the confidentiality agreement in their divorce settlement by opening up about their marriage problems on TV, imdb.com reports.

During an interview on 20/20 last week, Cook spoke of his regret of the affair that ended his marriage. METRO NEWS SERVICES

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Return of the anti-hero

Wahlberg falls back on the type of role that suits him best

STEVE GOW
for Metro Canada

As Mark Wahlberg discovered filming his latest thriller in the middle of a cold Canadian winter, when people call Toronto "Hollywood North," they aren't talking about the weather.

"It wasn't that fun to make," admitted Wahlberg during an interview to promote Toronto-shot Max Payne in sunny Los Angeles. "It was pretty brutal, but these are the kinds of movies that I want to go and see and I think people enjoy seeing me in them."

That's just the kind of dedication that earned the 37-year-old actor an Oscar-nomination for his rock-solid performance in The Departed and top-billing in Max Payne — in theatres tomorrow — a stylistic thriller about a vengeful maverick cop.

After playing a science teacher in this summer's The Happening, Wahlberg is the first to admit he's glad to be back playing the anti-hero; a character that fits him well.

Mark Wahlberg plays a renegade cop in Max Payne.

"I got a lot of real-life experience," explains Wahlberg about relating to such characters through his Boston upbringing. "I come from the streets and I've seen a lot of dark things. That's my training; I bring that to life and people feel like it's fairly authentic.

"I try to always find something that I can identify with or connect with, with every character that I play. I think that's the only time I can really be 100 per cent believable in (these types of) characters."

In Max Payne, Wahlberg plays the renegade cop who discovers a dark underworld that uncovers shocking secrets about the death of his wife and child. While many fans will recognize the thriller is based on a successful video game, it certainly didn't register with Wahlberg.

"I read it before I knew it was a video game," says Wahlberg. "The last game I was addicted to — Sega hockey — that was like, the favourite part of it was when (Bob) Probert and Tie Domi would throw down the gloves and start punching each other out and somebody would fall down and blood would come out of their head.

"My whole thing is, if I like the character and I think I can be great in it and people enjoy it and I like the screenplay and we can put a great team together, then I want to make the movie and it really doesn't go further than that."

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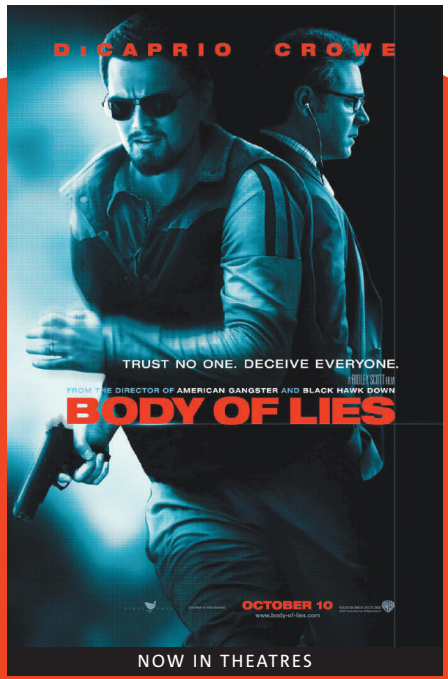

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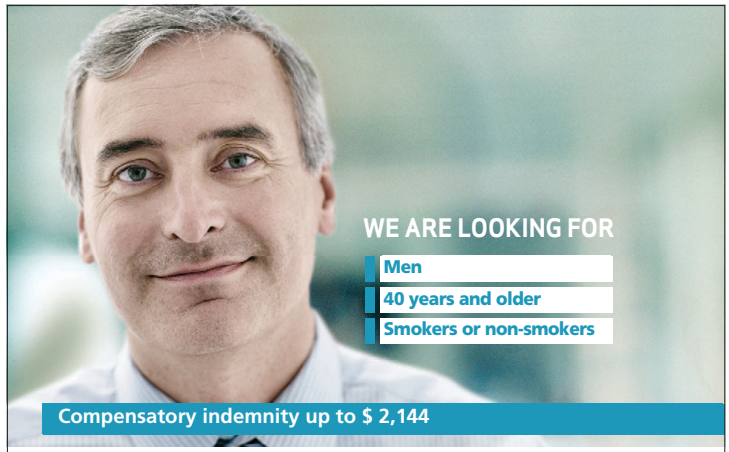

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Britney's mom in talks to bring memoir to big screen
Pop star Britney Spears's mother is to make her memoir into a movie. Lynne Spears is reportedly in talks with Hollywood studios who are said to be eager to win the rights to her book Through the Storm. **FEMALEFIRST.CO.UK**

How five women went from distress to success

JIM REYNO
jim.reyno@metronews.ca

Despite what you may think, it's not that far from woe to dough. The Smart Cookies proved it.

In just two years, the five friends have gone from financial distress to financial success — and they haven't stopped there. There's the website, TV show on the W Network, weekly Metro column and now a book, which is geared towards women: The Smart Cookies' Guide to Making More Dough.

Regardless of the medium, the message is the same: Ladies, you can fix your finances.

"The best part of being able to do this now is that we are able to share what we did and say, 'Look, it's not that hard. If we can do it, anybody can do it,'" said Smart Cookie Sandra Hanna. "We don't have any financial background. In fact, I think we were allergic to the word 'finance' before we started this."

The Smart Cookies

Inspired by an Oprah Winfrey episode on personal finance, Hanna and fellow Vancouver residents Andrea Baxter, Angela Self, Katie Dunsworth and Robyn Gunn formed a money group and began meeting weekly to discuss their finances, strategize and set goals. And share a laugh or two.

"We just eased into it, because for us it was about getting together as a group of women, bringing the social aspect, and then getting down to business," Baxter said.

In their book, the Cookies explain how to organize your own money group, even if it's a group of one.

"For those who want to start a money group — that's where we claim our success, we always encourage that," said Baxter. "But for those who aren't as comfortable sharing their financial information with other people, the book is a manual and a guide."

Smart Cookies

- READ THEM: Every Tuesday in Metro. Their book, The Smart Cookies' Guide to Making More Dough, is available through Random House ($29.95).
- WATCH THEM: On the W Network, Wednesdays at 9 p.m. ET/P.
- VISIT THEM: www.smartcookies.com

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Ellen goes on air to persuade citizens to vote against ban on gay marriage

Talk-show host Ellen DeGeneres has produced a public service announcement to persuade California citizens to say no to a proposed initiative to ban gay marriage in the U.S. state. IMDB.COM

Keys leads AMA nods

Alicia Keys had a leading five nominations for the 2008 American Music Awards, including Artist of the Year and Favourite Female Artist in both the pop/rock and soul/R&B categories.

Coldplay and the Eagles had four nominations each, while Chris Brown and Lil Wayne received three apiece.

They were also contenders for Artist of the Year, American Music Awards host Jimmy Kimmel announced this week.

Winners will be determined by online voting. Votes will be accepted until Nov. 7.

SOME NOMINEES ARE:

Pop/Rock: Male artist: Chris Brown, Kid Rock, Usher; Female artist: Mariah Carey, Alicia Keys, Rihanna; Band, duo or group: Coldplay, Eagles, Daughtry; Album: Viva La Vida or Death and All His Friends (Coldplay); Long Road out of Eden (Eagles); As I Am (Alicia Keys).

Country: Male artist: Garth Brooks, Kenny Chesney, Brad Paisley; Female artist: Reba McEntire, Taylor Swift, Carrie Underwood; Band, duo or group: Brooks & Dunn, Rascal Flatts, Sugarland; Album: The Ultimate Hits (Garth Brooks), Still Feels Good (Rascal Flatts), Carnival Ride (Carrie Underwood).

Rap/Hip-Hop: Male artist: Flo Rida, Lil Wayne, Kanye West; Band, duo or group: G Unit, Three 6 Mafia, Wu-Tang Clan; Album: American Gangster (Jay-Z), Tha Carter III (Lil Wayne), Graduation (Kanye West).

Soul/Rhythm & Blues: Male artist: Chris Brown, J. Holiday, Usher; Female artist: Mary J. Blige, Alicia Keys, Rihanna; Album: Growing Pains (Mary J. Blige), As I Am (Alicia Keys).

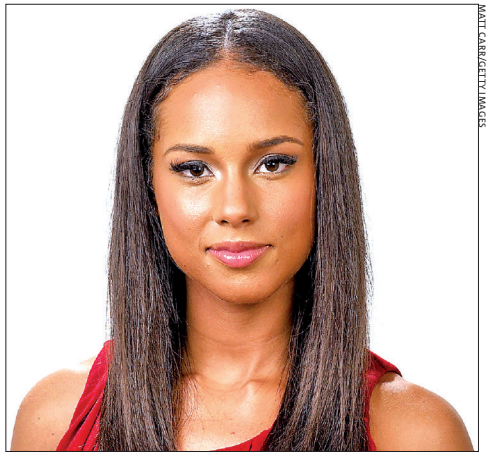
Alternative Rock: Artist: Coldplay, Foo Fighters, Linkin Park.

Adult Contemporary: Artist: Daughtry, Eagles, Jordin Sparks.

Breakthrough Artist: Colbie Caillat, Flo Rida, Jonas Brothers, Paramore, The-Dream.

Artist of the Year: Lil Wayne, Chris Brown, Alicia Keys, Eagles, Coldplay.

THE ASSOCIATED PRESS



MATT CARR/GETTY IMAGES

Alicia Keys's album As I Am is nominated in the Best Pop/Rock category for the American Music Awards this year.

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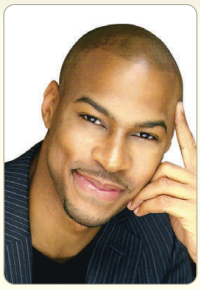

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Library buys $1M worth of Ted Hughes's writing

LITERATURE The British Library said yesterday it has bought a major archive of materials by poet Ted Hughes from the writer's estate for 500,000 pounds ($1 million Cdn.) The library said the 224 boxes and folders of manuscripts, letters, journals and personal diaries would be an invaluable resource for literary researchers.

The material ranges from recollections of fishing trips to correspondence with literary figures including poets Seamus Heaney, Kathleen Raine and Thom Gunn. Hughes was poet laureate from 1984 until his death in 1998 at age 68. He is considered one of Britain's most significant 20th-century poets, and remains one of the bestselling.

DJ AM joins Jay-Z in post-crash show

MUSIC DJ AM, who survived a plane crash last month in South Carolina, will appear on tour with Jay-Z.

DJ AM, whose real name is Adam Goldstein, was at the Hollywood Palladium in Los Angeles with the rap mogul yesterday, said Jenni Weinman, the celebrity disc jockey's publicist.

It was his first performance since suffering severe burns in the Sept. 19 crash at the main airport in Columbia that killed four passengers.

"He's the greatest rapper in the world," the 35-year-old disc jockey told People.com. "This is the biggest thing that's happened in my career."

THE ASSOCIATED PRESS

1964: The Tribute
Recreates an early '60s Beatles concert with period instruments, clothing, hairstyles and on-stage banter. Today at 8 p.m. ($50-$65 at 905-874-2800). Rose Theatre, 1 Theatre Lane, Brampton. TORSTAR NEWS SERVICE

theatre

BLACK RIDER A stern father sets the terms for his daughter's marriage. Runs Oct. 15-Nov. 16. Thu., Tue.-Wed. 8 p.m. Previews $19; $32-$38. Tarragon Theatre, 30 Bridgman. 416-531-1827.
BOEING BOEING A Parisian architect juggles three airline stewardess fiancees. To Nov. 23. Wed.-Sat. 8:15 p.m.; Wed. & Sun. 12:30 p.m.; Sun. 6:45 p.m. $51-$79.99. Stage West Hotel Theatre, 5400 Dixie, Mississauga. 905-238-0042.
THE BOX SOCIAL A woman confronts the biggest crisis of her life. Oct. 15-Nov. 1. Wed. 8 p.m. $16; $10 under 18. The Walmer Centre Theatre, 188 Lowther. 647-654-8995.
CARESSES Borrowing from Arthur Schnitzler's La Ronde but updated with more sex and violence, Caresses, by Catalan playwright Sergi Belbel, is the inaugural production of Concentrate in Time Theatre (CITT). To Oct. 19. Tue.-Sat. 8 p.m., Sun. 7 p.m. $20-25; Sun PWYC. Winchester Street Theatre, 80 Winchester. 647-439-3741.
DON GIOVANNI Mozart's portrait of the famous womanizer. To Oct. 31. Wed. & Sat. 7:30 p.m. $60-$290; $20 under 30. Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231.
AN EVENING WITH UNCLE VAN The show unfolds as a series of letters narrated by Uncle Val, a crotchety retired fisherman who is forced to live with his daughter's family in suburban St. John's. To Oct. 19. Tue.-Sat. 8 p.m.; Sat. 2:30 p.m. $30-$35; Sat. mat PWYC. Theatre Passe Muraille, 16 Ryerson. 416-504-7529.
FAMOUS PUPPET DEATH SCENES A collection of famous puppet death scenes. To Oct. 16. Mon.-Sat. 8 p.m.; Wed. & Sat. 2 p.m. $5-$30. Young Centre, Michael Young Theatre, 55 Mill, bldg 49. 416-866-8666.
FIBBER Doing yoga halfway up one of the two large, floor-to-ceiling cargo nets that comprise the set of Fibber, one actress asks another if she's even listening to what she's saying. To Oct. 18. Thu.-Sat. 8 p.m. Thu. $18-$20; Fri. & Sat. $22-$25. Theatre Centre, 1087 Queen St. W. 416-260-4660.
FROST/NIXON Dramatization of Richard Nixon's televised Watergate apology. Oct. 13-Nov. 8. Mon.-Wed. 8 p.m. $20-$61. Bluma Appel Theatre, 27 Front St. E. 416-368-3110.
KING LEAR Titular character struggles with the betrayal of his daughters in Shakespeare's tragedy. To Oct. 18. Wed.-Sat. 8 p.m. $12-$20. Hart House Theatre, 7 Hart House. 416-978-8849.
OFFENSIVE SHADOWS Paul Dunn's Offensive Shadows is partly a commentary on and partly a sequel to Shakespeare's A Midsummer Night's Dream. To Oct. 19. Tue.-Sat. 8 p.m.; Sun. 2:30 p.m. Sun. PWYC; $15-$35. Tarragon Theatre Extra Space, 30 Bridgman. 416-531-1827.
A RAISIN IN THE SUN Story of a black family in '50s southside Chicago. Oct. 15-Nov. 16. Wed. 7:30 p.m. $28-$43. Young Centre for the Performing Arts, 55 Mill St, bldg 49. 416-866-8666.
SCRATCH A girl's mother is dying while she has lice. To Nov. 2. Tue.-Sat. 8 p.m.; Sun. 2 p.m. Wed. $20 if under 30; Tue. & Thu. $26; Fri. $30; Sat. $37; Sun. $20 adv, PWYC door. Factory Mainspace Theatre, 125 Bathurst. 416-504-9971.
SLEEPING BEAUTY Prince Charming saves the princess from the Fairy Queen. To Oct. 19. Sat. & Sun. 11 a.m., 2 p.m. $13. Solar Stage Children's Theatre, 4950 Yonge St. 416-368-8031.
THE SOUND OF MUSIC A love story set in pre-WWII Austria. To Jan. 11. Tue. & Wed., Fri. & Sat. 7:30 p.m.; Wed., Sat. & Sun. 1:30 p.m. $26-$120. Princess of Wales Theatre, 300 King St. W. 416-872-1212.

galleries

69 OLIVE Thinly Veiled: New and vintage works by Deb Wiles. To Oct. 27. 69 Olive. 416-537-9483.
HARBOURFRONT CENTRE Arcade: Science-based works by Panya Clark Espinal, John Dickson, Alex Geddie, more. Dance Revolutions Company: Video installations of people dancing in their basements. I Stand on Guard: Multiculturally-themed photos by Mona Kamal. Personal Space: Lateral architecture by Donald Chong. In 2x6: Drawings by Craft Studio artists. Bye-Bye + Celestial Echoes: Photos by Michelle Sank. I don't ever want this to end: Prints by Genevieve Jodouin. All to Nov 9. 235 Queen's Quay W. 416-973-4000.
PREFIX Projection: A video instalment by French artist Laurent Grasso. To Nov. 22. 401 Richmond St. W., suite 124. 647-430-5888.
STUDIO NINE GALLERY Photos by Andrew Hind. To Nov. 13. 1400 Queen St. E. 416-465-4085.
CONVENIENCE GALLERY Parkdale International Art Fair: Group show. To Oct. 26. 58 Landsdowne. 416-533-8385.
DELEON WHITE GALLERY The Paint of Pleasure: Installation by Sylvana Jaja. To Oct. 25. 1139 College St.
LOOP GALLERY Playing Off the Grid: Paintings by Elizabeth Babyn. Last Garden: Charcoal drawings and reliquary-themed sculptures by Mark Adair. To Oct. 19. 1174 Queen St. W. 416-516-2581.
SIDE SPACE GALLERY Shine: Group exhibit by artists who have been employed at Art Starts Neighbourhood Cultural Centre. To Oct. 30. 1080 St. Clair Ave. W.
C1 ART SPACE All Hallows Group Exhibit: Dolls, mixed media, assemblage, more. To Nov. 2. 44 Ossington. 416-538-7999.
HOTSHOT GALLERY Latin American and Canadian artists explore various modes of seeing. Oct. 9-16. 181 Augusta.
MOCCA BMO 1st Art! Invitational Student Art Competition 2008: Original works of art by student artists. To Oct. 26. 952 Queen St. W. 416-395-0067.
SHOPGIRLS GALLERY Women: Fredrick Watson's homage to women of fashion and the nostalgia of a bygone era of indulgence and finery. To Oct. 31. 1342 Queen St. W. 416-534-SHOP.
ROADSIDE ATTRACTIONS Reminder for Davenport Road: a visual study of how visual memory works by Stan Denniston. To Oct. 31. 911 Davenport. 416-538-3997.
ROCKONSKI Homesick: Tonik Wojtyra's first solo exhibit, culminating 30 months of painting. To Oct. 31. 71 Havelock. 416-879-5077.

LOCAL LISTINGS BY:
EYE WEEKLY

Lively's father to recover from crash

Actress Blake Lively's actor father, Ernie Lively, is expected to make a full recovery after losing control of his car and flipping the vehicle down an embankment in Los Angeles on Monday. IMDB.COM

Canada's Next Great Prime Minister may win Emmy

A Canadian reality show in which young people sparred over political issues has been nominated for an international Emmy.

CBC TV's Canada's Next Great Prime Minister was the only Canadian show to get a nomination, and faces off against programs from the Netherlands, Argentina and Japan in the category of "non-scripted entertainment."

The nominees were announced earlier this week by the International Academy of Television Arts & Sciences. Forty nominations were handed out, with eight going to British shows.

Shows from Brazil earned five nominations, while shows from Argentina and Japan took four nods, and shows from China and Denmark got three.

The winners will be announced Nov. 24 in New York.

Canada's Next Great Prime Minister was hosted by comedian Rick Mercer.

THE CANADIAN PRESS

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Organic treats
Shoppers Drug Mart has unveiled individually packaged organic chips and cookies designed specifically for the Halloween season. Nativa Organics cookie pouches, right, $4.99 for 15, and potato chip packages,$4.99 for 20. METRO NEWS SERVICES

Fall Fun

Brain food

Instead of giving out candy, how about handing out books? Bone Soup by Cambria Evans (Houghton Mifflin, ages 4-8), tells the tale of paranoid townsfolk who hide their most precious pantry staples when a voracious part-skeleton named Finnigin hits town on Hallows Night. With his eating stool, spoon and very large mouth, Finnigin kicks off a retelling of the stone soup folktale with a magic bone and some imported stewed eyeballs. THE ASSOCIATED PRESS

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dare to be scared

BRIAN TOWIE
brian.towie@metronews.ca

Demons lurk in dark corners, ready to pounce on those who have the hubris to enter their infernal domains. It doesn't sound like your typical night at Canada's Wonderland, but this Halloween Haunt season is, quite literally, hell open for sinners.

Danusia Rogacki, senior operations supervisor of Canada's Wonderland's Halloween Haunt.

Now in its fourth year, visitors can experience the magnificently macabre at the nightmarishly redecorated theme park until Nov. 1. It's not for those under 12, as scenes can get pretty graphic. Decrepit creatures of all sizes and shape menace the park's pathways as patrons brave its haunted mazes.

It's partly the brainchild of Ryerson theatre production student and Halloween Haunt senior operations supervisor Danusia Rogacki, who — if the attention to gory details is an indicator of her work — has quite the career ahead of her.

Helming the transformation from a carnival atmosphere to horror, Rogacki was behind three new mazes exclusive to the park: The Kingdom of Carnage, a medieval-themed torture chamber of severed body parts and cleaver-wielding monsters; Mother Noose, a chilling perversion of children's fairy tales; and Red Beard's Rage, a ship populated by seafaring ghouls.

"I worked with very talented designers," Rogacki says. "We wanted it so that people would be able to feel everything. It's right there in your face. Most of the staff are from theatre programs: Painters, lighting experts and artisans. It really helps because theatre is much more real."

This ghoul welcomes you to the Kingdom of Carnage, one of the new Halloween Haunt mazes at Canada's Wonderland.

It doesn't get more "in your face" than this. Park staff tells you, "Don't touch the monsters and they won't touch you" before you enter. Though why you would want to get any closer to someone in the Kingdom of Carnage who jumps out from behind you with a bloodcurdling wail — wearing a mask of what a head would look like after it got the business end of an axe — is a mystery.

Mother Noose's take on the Pied Piper is particularly disturbing. You walk into a room full of giant bloodthirsty rats. Air jets in the floor give off the sensation of small hairy paws scurrying over your feet as you hear their high-pitched shrieking.

They're not attractions for the timid, and those who scare easily may want to opt for the roller coasters and carousels instead (most of which have virtually little to no wait times due to the time of year). For her part, Rogacki says she enjoys watching those who dare traverse the horrid hallways of Wonderland's new mazes bolt out with ghastly looks on their faces.

"I love it," she said. "One of my favourite things is to stand at the exit and you see all the different reactions. One might be crying by the end of it and you think, 'Aw, I didn't want to make you feel bad,' but you're happy that you did your job. It makes it all worth it. It's a little twisted that part of your job is to freak people out, but it's a lot of fun."

PHOTOS BY BRIAN TOWIE/METRO TORONTO

Fun for the fearless

- Halloween Haunt at Canada's Wonderland (9580 Jane St., Vaughan) runs every Friday, Saturday and Sunday until Nov. 1. Tickets are available online for $28.95.
- For more, go to haunt.canadaswonderland.com.

Alice and the white rabbit beckon you through Mother Noose, one of the new Halloween Haunt mazes at Canada's Wonderland.

Children beware

One-quarter of all parents surveyed admit they're ready to stealthily swipe sweets whenever they can, while one in five wait until the bewitched hour when their children are asleep to make a move. **NEWS CANADA**

Halloween big business

BRIAN TOWIE
brian.towie@metronews.ca

From the large-scale retailer down to the independent artisan, Halloween means big business.

What originally started as a Celtic festival of the dead more than 2,000 years ago has evolved into a major industry of pumpkins, costumes, treats and more, and consumers can't get enough. The Retail Council of Canada estimated in 2007 that Canadians would spend $1.5 billion on Halloween.

A similar U.S. report by the National Retail Federation found Halloween was the sixth biggest-spending occasion of the year after winter holidays (which includes Christmas), Valentine's Day, Easter, Mother's Day and Father's Day, and its sales have increased by more than $3 billion US from 2003 to 2006.

The growing trend is not lost on local shopkeepers and artists, who are pulling out all the stops to make the most of the scary season. Stephane Abbatt of It's My Party, a party favour and costume store on the Danforth, says Halloween is one of his busiest times of the year.

"About 75 per cent of our business comes from adults. It's huge," Abbatt said. "We'll compete with the Shoppers Drug Mart, Loblaws and Wal-Mart stores for the kids' items, but for us it's the adults, hands-down. You'd be surprised at how many people come in looking for the sexy nurse or disco king costumes, and we're finding that we have to stock maternity-sized costumes more and more as well."

PHOTOS BY BRIAN TOWIE/METRO TORONTO

Halloween baby tees and pillows by seamstress Terra Bedore of Sew Scary will be available at Sunday's Bazaar of the Bizarre.

Christine Stait Gardner's wacky wares, such as these coffin-shaped table decorations, will be at the Bazaar of the Bizarre.

For the smaller-scale impresario peddling their home-crafted wares, there's no time like the present. Local artist Christine Stait Gardner is gearing up for Sunday's Bazaar of The Bizarre. Sponsored by artist collective The Royal Sarcophagus Society, the arts and crafts showcase will market Halloween-themed original works — including hand-made sculptures, paintings and poetry.

For her part, Stait Gardner is looking forward to selling her wild and weird knick-knacks for the home, including coffin-shaped table ornaments, tastefully macabre greeting cards and crocheted voodoo dolls. (One called Mr. Useless allows ladies to get some payback on those special someones who may have scorned them.)

Voodoo cards, by Christine Stait-Gardner.

"It's goth with a small g. We're all very keen on Halloween," she said. "But we value eccentricity over anything else. We think we're all misfits, but we fit together.

"When we get together, we inspire each other to be creative. We sell a bit, and it makes us feel good."

Seamstress Terra Bedore of Sew Scary has the same instinct, mixing Martha Stewart with Dracula. She'll be at the fair selling her custom-made throw pillows and blankets with images of Bela Lugosi and pin-up girls dressed as witches and devils, along with spooky T-shirts and onesies for infants.

"I couldn't find anything I liked to wear, or stuff that I wanted to put in my house," she said. "So I started making them myself, and it just snowballed into a little business."

On to the bazaar

- Bazaar of the Bizarre takes place Sunday from 11 a.m.-6 p.m. at 6 Noble St. (one block west of Dufferin Avenue off Queen Street).
- Admission is free. For more, go to therss.com.

Masked men

Halloween suppliers say sales of masks of presidential candidates have predicted the winner in the last several campaigns. So far, that's good news for Barack Obama, whose mask was outselling John McCain's online at Amazon and BuyCostumes.com. THE ASSOCIATED PRESS

Scary, but stylish

Decorating for Halloween need not be scary. Neither does it have to be a kid-frenzied free-for-all of skeletons and spiders.

Vampire Teeth Place Card Holders and Skeleton Appetizer Plates, by Pottery Barn.

Believe it or not, this is a holiday on which style can shine, but it requires a "less is more" esthetic.

"The moment you tack a jack-o-lantern on your wall, you've crossed the line," says Vern Yip of HGTV's Deserving Design.

For adult appeal, he recommends shying away from the traditional Halloween orange and moving to a more interesting, unexpected shade of that colour.

"Think about orange with a brown undertone," Yip says. "It's more sophisticated, as opposed to the really saturated, bright orange."

A splash of this warmer orange — in a chenille blanket, decorative pillow or pillar candle — may be enough to ready a room for the holiday. Yip also recommends accenting with floral arrangements in various hues of orange.

Don't worry about whether the oranges match.

"You can mix several shades of orange into one space and it'll work beautifully," he says.

Reach for the October issue of Martha Stewart Living magazine, and you'll see similar advice: It recommends placing a variety of pumpkins of all colours and sizes both inside and outside the home.

"There are so many different varieties available," says Marcie McGoldrick, the magazine's Holiday and Crafts editorial director.

The magazine's Halloween stories feature pumpkins, squashes and gourds in butterscotch and cream, and pale green and dark, mossy green. McGoldrick advises combining the pumpkins with other items from nature that have a similar feeling. For example, golden pumpkins with gingko leaves on a fireplace mantel.

"We're using the colours of the pumpkins to create a more sophisticated environment," she says.

Yip also recommends reaching outdoors for tree branches or driftwood to keep the decorations inside simple and subtle.

Trunk-o-Treats Candy Presenter and beverage napkins, below, by Hallmark.

"It's kind of Halloween-y, the whole idea that there's this dead thing inside, but it has a sculptural quality," Yip says.

He also advises using accessories already in the home to spice up the holiday. For example, last year he used orange-and-white-patterned dinnerware to punch up his Halloween dinner table. He combined the plates with black trays and had a centrepiece of concrete cats painted a smudgy black.

McGoldrick recommends creating little vignettes of creepiness — such as plastic bugs on a candle or spiders crawling up a window — that visitors don't see right away. THE ASSOCIATED PRESS

Hollywood costumes popular

Costume suppliers predict the top Halloween costumes this year will come from summer blockbusters and the Disney channel.

Thanks to The Dark Knight, Batman is a top costume for children, adults and pets, according to the National Retail Federation in the U.S., while iParty's list of children's favourites adds the Joker, Star Wars, Harry Potter and Hannah Montana.

Popular adult costumes are a pirate and a French maid, a variation on the revealing costumes popular for women. Politics is another popular theme.

"Ghosts, mummies, witches always sell, and sometimes they sell extremely well," said Sal Perisano, CEO of iParty. "However, pop culture in recent years has pretty much dictated what drives the bestsellers."

Hooded furry animals like this one continue to be a popular choice for infant costumes, experts say.

INFANTS/TODDLERS: Hooded furry animals are popular choices for the littlest ones, said Cari Shapiro, vice-president for Babies "R" Us, adding that a monkey was on track to be a top seller this year.

CHILDREN: This year, it's all about the tweens, said Disney Store spokeswoman Melissa Rozansky, with popular costumes including Hannah Montana, Camp Rock and High School Musical.

"Kids are watching these shows every day on the Disney Channel," she said. "They want to be Hannah Montana."

ADULTS: Men are dressing up as knights and Sugar Daddies, while women are going for something more sexy and revealing like a cleavage-showing nurse costume, said iParty's Perisano. On Amazon, pirates rule, with a wench and swashbuckler as bestsellers. THE ASSOCIATED PRESS

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Adult treats

Indulge in a Bueno-tini, left, Kinder Bueno samples and indulgent desserts at the Kinder Bueno Chocolate Lounge tomorrow and Saturday night downtown at Brant House Nightclub (522 King St. W.). METRO NEWS SERVICES

events

ZOMBIE WALK Last year, 1,000 hungry zombies showed up for the Toronto Zombie Walk. Want to help double that this year? Find out all you need to know about the Oct.19 at torontozombiewalk.ca.

HAUNTED HIGH PARK AT COLBORNE LODGE Hear ghostly tales and legends associated with Colborne Lodge and High Park. Pre-registration required. Not recommended for children under 8. E-mail clodge@toronto.ca or call 416-392-6916 for more. For adults: Oct. 24, 29, 30 & 31, 7-8:30 p.m. For families: Oct. 25, 6:30-7:30 p.m.

GHOSTS OF THE GARRISON AT FORT YORK Tour the grounds of Fort York at night, and hear stories from some ghostly visitors. Pre-registration and pre-payment required. E-mail fortyork@toronto.ca or call 416-392-6907. Oct. 17, 18, 24, & 25, 7:30-9:30 p.m.

SPIRIT WALKS Hosted by Mackenzie House (82 Bond St.). Let your imagination take over as you walk through the alleys and laneways of downtown Toronto to see some of its haunted buildings. Return to Mackenzie House for haunted tales and with mulled cider. Pre-registration and pre-payment required. Not suitable for children under 7. Oct. 17 & 18, 24 & 25, 6:30 p.m. or 7 p.m. Call 416-392-6915 or e-mail machouse@toronto.ca for more.

APPLE HARVEST TEA Celebrate the harvest with freshly baked apple crisp. There will also be a bake sale. $6. Sun., Oct. 19, 1-4:30 p.m. Also, **THE DEAD HAND AND OTHER GRAVE TALES**. Ghastly tales and startling refreshments to make your blood run cold. $20. Pre-registration required. Nov. 1 at 7:30 p.m. Both events at Montgomery's Inn. E-mail montinn@toronto.ca or call 416-394-8113 for more.

TORSTAR NEWS SERVICE

Pumpkin picking is sure to be a fun activity for the whole family this fall.

FALL FAIR AND PUMPKIN FESTIVAL Puck's Farm (16540 11th Concession, King Township) hosts family-friendly activities including a fun house, haunted hayride, spooky corn maze and a chocolate pumpkin hunt. Costume parade on Oct. 31. Runs Fridays, Saturdays and Sundays until Nov. 2. $9.95. Go to pucksfarm.com or call 905-939-7036 for more.

BOO AT THE ZOO Be entranced by Magicians, sip special Boo Brew, visit with the story-telling witchie poo at the Toronto Zoo. Children (12 and under) in costume accompanied by an adult get in free. Runs Oct. 18-26. For more, call 416-392-5929 or visit torontozoo.com.

HALLOWEEN WEEKEND AT THE ROM Brave the Bat Cave, get up close and personal with a dinosaur, and meet some creepy-crawlies. Oct. 25 & 26, 11 a.m.-4 p.m. Call 416.586.5549 or e-mail info@rom.on.ca for more.

SCREEMERS Feat. six attractions, including the Haunted House, The Black Hole, and the Maniac Maze. Not recommended for children under 10. Runs Oct.17-19 and Oct. 23-Nov. 1. Exhibition Place, Queen Elizabeth Building. $28.50 For more, go to screemers.ca or call 416-979-FEAR.

APPLE PICKING Enjoy hay rides, and apple and pumpkin picking. At Dixie Orchards in Caledon (dixieorchards.com).

HALLOWEEN HOWL Musical duo Soli & Rob host an interactive concert with songs all about kids' favourite holiday at the Solar Stage Theatre. Alistair Ant is expected to put in an appearance. For kids ages 3-7. Oct. 25 & 26. $13. Go to solarstage.on.ca or call 416-368-8031.

TORONTO AFTER DARK FILM FESTIVAL International cinema showcase, feat. sci-fi, fantasy, action, animated and cult films from around the world, including a number of award-winning features and shorts. $10-$19. Runs Oct. 17-24 at the Bloor Cinema. Call 416-903-6050 for more.

HELLIWELL HAUNTINGS Thrill to ghastly, ghoulish tales in this candlelight tour of the historic homes and grounds. Mulled cider and refreshments included. Suitable for children 8 years and up. Adults, $10; children, $5; youth/seniors, $8. Pre-registration is required. Oct. 24-25 and Oct. 30, 7 p.m. At Todmorden Mills Museum, 67 Pottery Rd. Call 416-396-2819 or e-mail todmorden@toronto.ca for more.

FASHION sCARES This year's Fashion Cares gala fundraiser, in support of the AIDS Committee of Toronto, takes place for the first time in the fall, with a Hitchcock meets Haute Couture theme. Includes a runway extravaganza, a three-course dinner, and a live and silent auction. Hosted by David Furnish. General admission tickets ($125) are available through Ticketmaster. Nov. 1, 6 p.m., at the Metro Toronto Convention Centre.

METRO NEWS SERVICES

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Perry comes back
Showtime has picked up the pilot The End of Steve, which stars Matthew Perry as an unhappy TV talk-show host whose egomaniacal streak is tested when he's stuck working on a daytime show out of Rochester, N.Y. TVGUIDE.COM

Mad Men's model of manhood

IntelleVision

MAD ABOUT THE MAN: One of the creepiest bits of journalism I've ever read was Maureen Dowd's infamous New York Times column about how her Boomer mommy girlfriends were big Eminem fans. "They play him on their Walkman at the gym," wrote Dowd. (The "Walkman" reference is just so 2002 — it seems to long ago now.) "They sing along lustily to Cleanin' Out My Closet and Lose Yourself in the car. They rhapsodize that his amazing vignettes of dysfunctional families make him the Raymond Carver of hip hop."

The second creepiest thing I've read was published this week — a feature in the New York Observer about how Jon Hamm's Don Draper, the mysterious, philandering, emotionally withholding ad executive at the heart of AMC's Mad Men, is the fantasy male of the year for a certain crowd of working mommies in upscale neighbourhoods like Park Slope in Brooklyn.

Hamm's Draper might be a total bastard, and the principal cause of his wife Betty's slow-motion breakdown, but according to the women writer Irina Aleksander talked to, he's an attractive reminder of "a time before suits were replaced by messenger bags and Converse sneakers. Before hairless chests and Cialis; before men knew pop-psychology phrases like 'displaced anger' and 'defence mechanisms' and talked about how their parents f—ked them up; before Dr. Phil; before dads posted photos of themselves with their babies on their Facebook pages; before paternity leaves…"

"If you just compare him, to, say, Patrick Dempsey on Grey's Anatomy, Dr. McDreamy comes off as a whiny little sensitive bitch," said Lindsay Robertson, a 31-year-old website editor and resident of Carroll Gardens, another gentrified Brooklyn address.

FRAZER HARRISON/GETTY IMAGES
Jon Hamm

If you read a bit further, it's obvious the piece isn't about Hamm's Draper as much as it's about the men married to his fans — the caring, involved, equitable, and apparently quite unambitious husbands and fathers largely grouped under the pungent acronym SAHDs, or "stay-at-home dads." They can be found all over genteel Brooklyn "roughhousing with their toddlers at the playground, hoisting strollers up brownstone steps or putting together a nice little risotto for dinner," and claim that they're free of "those issues of masculinity," but I'm not so sure.

One wife says that when she gets home she wants peace and quiet after talking to people all day, while her husband has been home alone, dying for some conversation; another says her eyes glaze over when her husband talks to another SAHD about their kids' preschool. They might be free of "issues of masculinity," but their wives sound like they've got a few of their own, and that once again, Freud's resonating query, "What does a woman want?" turns out to have been largely rhetorical.

Rick McGinnis writes about music, movies, books and television, but not opera.

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Doherty coming back to 90210

Shannon Doherty

TV Actress Shannen Doherty has confirmed she will appear in a further two episodes of the Beverly Hills, 90210 spinoff series despite announcing her departure, imdb.com reports.

Doherty plays the adult incarnation of Brenda Walsh in 90210, the character she played on the original teen TV series until 1994.

The star initially signed on to appear in only four episodes of the show, which made its debut in September.

But a spokesperson for the show has confirmed Doherty's return for two additional episodes of the series, which are set to air on Nov. 18. She has been joined by fellow former castmates Jennie Garth and Joe E. Tata, who have also signed on to reprise their roles, and Jason Priestley, who has been tapped to direct an upcoming episode of the spinoff.

METRO NEWS SERVICES

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/16/08	265	353	2	TVO	Mighty Movers		The Agenda With Steve Paikin		London Hospital (N)		Masterworks "Soweto Strings"		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Gabon (N)		The Office (N)	SNL Update	Life on Mars (HDTV) (N)		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone "Omar Khadr"		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Ugly Betty (N)		Glam God With Vivica A. Fox		Friends	Friends	News (N)
	212	313	8	CTV	etalk	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER "The Book of Abby"		News (N)
	218	345	11	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Dr. Jekyll & Mr. Hyde* (2008, Suspense) Dougray Scott.				News (N)
	137	763	13	TFO	Panorama		Météo	Aventures	*Procès de Jeanne d'Arc* ★★★ (1962, Drame), Roger Honorat				Volt
	-	-	14	-	Cold Case "Volunteers"		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Smallville "Committed"		Supernatural (HDTV) (N)		To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	Survivor: Gabon (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER "The Book of Abby"		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N)		Grey's Anatomy (N)		(10:01) Life on Mars		News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	Hole in the Wall (N)		America's Next Top Model		Eleventh Hour "Cardiac"		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hole in the Wall (N)		Kitchen Nightmares (PA)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Goodnight Swt.	Young John Paul II: Witness		Torturing Democracy				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville "Committed"		Supernatural (HDTV) (N)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Geologic Journey		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Wall Street Crisis: Is Your Money Safe?				On the Money		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Pregame	MLB Baseball American League Championship Series Game 5 -- Tampa Bay Rays at Boston Red Sox.							Sportsnet Con.
	400	400	30	TSN	That's Hockey!	NHL Hockey Vancouver Canucks at Detroit Red Wings. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	(6) The Amazing Race 3		Commando: On the Front Line		Survivorman		Pilot Guides	Odyssey	Pilot Guides
	417	406	81	SC	Barrett-Jackson Automobile Auction From Las Vegas. (Live)								
family	551	542	25	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	The Critic	Robot Chicken	Code Monkeys
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Real Est	Love It-List It
	570	580	29	MM	Greek		MTV's Top Pop Group		Degrassi: Next	Instant Star	Greek		Muchmsc Ctdn
	615	520	31	A&E	CSI: Miami "Camp Fear"		The First 48 (HDTV)		The First 48 Cabdriver.		Jacked: Theft	Jacked: Theft	Crime 360
	700	800	35	TLN	Centrovetrine	Sky TG 24	*I Tre Ladri*				Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Back In	Johnny Cash Live		Revival	Where You At	I Want to Work for Diddy		Party of Five
	575	583	38	CMT	Tara Diaries	The Wilkinsons	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country
	616	521	39	SHO	Painkiller Jane		ReGenesis "China"		Trailer Park	Trailer Park	Saving Grace (HDTV)		House
	620	523	40	BVO	Desperate Housewives		Camera	In the Mind ...	*Wilby Wonderful* ★★ (2004, Comedy-Drama) James Allodi.				Law & Order
	601	562	41	SLC	End of Leash	ET Canada	Rich Bride, Poor Bride		X-Weighted		The Biggest Loser		Rich Poor
	522	506	43	HIS	NCIS		Lost Worlds		The Road to Passchendaele		NCIS		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*Save the Last Dance* ★★★ (2001, Romance) Julia Stiles.				Steve Harvey	Family Guy	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Uncle P* (2007, Comedy) Master P, Romeo, Cheech Marin.				Secret-Bees	Black Carpet	Judge Karen
	627	528	50	SPC	Lost "Exodus"		Star Trek: Voyager		Battlestar Galactica		Chuck (N)		Stargate SG-1
	581	566	52	MTV	Busted-Girls	After	MTV News	Cribs	The Hills	Exiled	MTV Presents: Summer		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	The Main	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Jamie's Kitchen Australia		Restaurant
	261	394	60	V	Murder, She Wrote		Wait for God	Keeping Up	Pope John Paul II Part 1		Pope John Paul II Part 2		Emily-Moon
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Coldplay: Live at eTalk		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Berenstain
	115	711	101	TVA	La Fièvre de la danse (SC)		Occupation double			Vlog (SC)	TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	RDI en direct sur l'actualité		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		*For Those Who Hunt the Wounded Down* (1996)				Mysterious Ways		Judging Amy
	300	601	301	M1	*Elizabeth: The Golden Age* ★★ (2007, Historical Drama)				*I'm Not There* ★★★ (2007, Biography) Christian Bale.				
	305	612	306	PIX	(7:15) *The Texas Rangers* ★★★ (1936, Western)				*Salvador* ★★★ (1986, Docudrama) James Woods.				*The Final Cut*

critics'corner

Salvador
Oliver Stone was in competition with himself for the best screenplay award at the 1987 Oscars; he was nominated for "Platoon" and for this docudrama, losing to Woody Allen. Nevertheless, this is one of Stone's underappreciated gems. James Woods was Oscar-nominated for his portrayal of a washed-up photojournalist who heads to El Salvador in the early 1980s with his friend (Jim Belushi), a disc jockey, in search of one last scoop. Elpidia Carrillo also stars. 9 PM on PIX

I'm Not There
Music icon Bob Dylan is depicted by no fewer than six performers in Todd Haynes' highly original portrait that marked one of Heath Ledger's final projects. Most of the attention, though, went to Cate Blanchett, the winner of several awards for her gender-crossing re-enactment of Dylan in the 1960s, mirrored through a character similar to the tunesmith. Christian Bale, Richard Gere, Ben Wishaw and Marcus Carl Franklin play other Dylan variations. 9 PM on M1

Jackson illness revealed

The cause of Janet Jackson's mystery illness has been revealed. The 42-year-old was suffering from vestibular migraines, her rep said in a statement. PEOPLE.COM

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Celebrity Buzz

Bye bye, Madge & Guy

RELATIONSHIPS Pop star Madonna and her director husband Guy Ritchie are ending their almost eight-year marriage, a rep for the singer confirmed yesterday.

"Madonna and Guy Ritchie have agreed to divorce after 7½ years of marriage. They have both requested that the media maintain respect for their family at this difficult time," read the statement by Liz Rosenberg.

The statement, which was co-signed by Ritchie's representative, also said that the couple had not agreed to a settlement.

"The judgment of the court would be to try to assess what they came in with and divide what they built up fairly equally," said David Allison, a lawyer with Family Law in Partnership, a London firm, told The Associated Press.

In a front-page story yesterday, Britain's the Sun newspaper claimed the couple will be issuing a statement "imminently" on the demise of their relationship, which has been the subject of much speculation in recent months.

GETTY IMAGES PHOTOS

Contacted by People, a rep for Madonna declined to comment on the story.

Madonna, 50, is in the midst of her Sticky and Sweet tour and is set to play Boston tonight. Ritchie, 40, was believed to be on the set of his latest film, Sherlock Holmes.

Reached at their home in London, his family declined to comment.

METRO NEWS SERVICES

Hudgens got to meet Cruise!

CELEBRITY Through her friendship with former Spice Girl Victoria Beckham, Vanessa Hudgens got to meet actor Tom Cruise, who gave the High School Musical star some good advice, intouchweekly.com reports.

"Tom was so sweet — and such a nice guy," Vanessa told Access Hollywood. "Just telling me there isn't much that you can do (about always being in the limelight). It's just part of your life now, so you have to accept it.

"He is an amazing guy and I look up to him."

Hudgens also got to meet Cruise's wife, actress Katie Holmes.

"I got to talk to them, they are all really great people," Hudgens said in an interview.

METRO NEWS SERVICES

celebrity brief

No work for Nicole

SURGERY Actress Nicole Kidman has panned rumours that she's had cosmetic procedures, MSN Entertainment reports.

"I am completely natural," Kidman told Marie Claire U.K. "I have nothing in my face or anything. I wear sunscreen, I don't smoke and I take care of myself."

METRO NEWS SERVICES

Christina all for adding to the Aguilera family

FAMILY Her first child, son Max, is just nine months old, but Christina Aguilera is already thinking about baby No. 2, People.com reports.

"Absolutely, we'll definitely have more kids," she says. How many? "I don't know. We'll play it by ear."

For now, the singer, 27, is enjoying her time with Max.

"I'm in love with my life," she says, although parting with her son to perform can be a drag. "But mama has to work, mama has to do a job."

She adds, "I think it's important to share what I love — what makes me me — with my son. So I change diapers and I breastfeed him and I play with him and then I work. I want to show Max everything about me."

Aguilera, who married music exec Jordan Bratman in 2005, says Max inspired her upcoming album.

"It's all about colour and life. Everything's a playground for him. Everything is colour and fun."

METRO NEWS SERVICES

Reese still digs Jake

RELATIONSHIPS It's good to be with actor Jake Gyllenhaal, says actress Reese Witherspoon, People.com reports.

"He's very supportive," the Oscar winner, 32, tells Vogue in its November issue. "Suffice it to say, I'm very happy in life, and I'm very lucky to have a lot of really supportive people around me who care very much for me, and, you know, that's all you can hope for in life. I am very blessed in that way."

Gyllenhaal, 27, isn't the only man she's been spending time with. While on the set of her upcoming comedy Four Christmases, Witherspoon couldn't resist co-star Vince Vaughn's sense of humour.

"Vince is the funniest person I've ever worked with in my entire life," says Witherspoon, who posed for Vogue's cover.

"There were days when we were shooting things, I would laugh so hard it would ruin the take, and I was afraid I was going to pee on myself, it was so funny."

Witherspoon's divorce from Ryan Phillippe was finalized in June.

METRO NEWS SERVICES

McGraw disowns hits package
Singer Tim McGraw has apologized to fans for his latest greatest hits album, saying his label should have instead released a record with new music. PEOPLE.COM

Celebrity Buzz

HELLO! Hot shot of the week

PETER BREGG/HELLO! CANADA

eTalk correspondent Sophie Grégoire-Trudeau, wife of newly minted Liberal MP Justin Trudeau, has joined Dove's Pay Beauty Forward campaign aimed at improving self-esteem among girls and women. "We live in a culture of comparison," the 33-year-old mom, who's expecting baby No. 2 this winter, told HELLO! Canada in an exclusive interview.

HELLO! CANADA magazine, now available on newsstands – read more at hellomagazine.ca

Bachelorette couple to add another child

FAMILY NEWS The Bachelorette's Ryan and Trista Sutter have announced that they are expecting their second child, People.com reports.

Trista, who is just over three months along, tells Life & Style that she and Ryan were shocked to learn — just a few weeks after son Maxwell (Max) Alston's birthday in late July — that they will be welcoming a new member of the family come spring.

"It was positive shock, one of the best kinds you can have in your life," Trista said.

Despite previous claims that she would like a little girl, Trista now says she just wants "a really happy and healthy baby."

She adds that: "I know that sounds cliché, but it's the God's honest truth."

Even though part of her still wants a daughter, she would love to have another son because "Ryan has a brother, and they're about the same age difference as Max will be with his new sibling.

"So it would be fun to have two boys, too."

Trista, 35, and Ryan, 34, were married in a televised ceremony awash in the colour pink on Dec. 6, 2003.

METRO NEWS SERVICES

Craig as Bond a 'long-term' deal

MOVIES Daniel Craig will play James Bond until his "knees go," femalefirst.co.uk reports.

The actor, who reprises his role as the spy in the new movie Quantum of Solace, insists he has no intention of giving up the part in the near future.

"Bond is becoming a long-term job," he says. "We will see how this one turns out.

"If everything goes well, if people still want to see these movies, I will keep doing them for as long as it takes — or until my knees go, whichever happens quicker."

METRO NEWS SERVICES

Halle's man smells success

PERFUME Halle Berry's model boyfriend Gabriel Aubry has given the actress's signature perfume the seal of approval, imdb.com reports. Berry has been testing scent combinations for the last two years for her first fragrance, and she's finally found one she's happy with. Berry settled on the smell of Halle by Halle Berry after Aubry praised the scent.

"I want women to feel that … that special person thinks they smell beautiful, thinks … they can ingest it all day, every day. That's what Gabriel said."

METRO NEWS SERVICES

celebrity brief

Hewitt: Focus on dance, not weight

TV Actress Jennifer Love Hewitt has leaped to the defence of dancer Cheryl Burke after the U.S. media poked fun at her weight gain, imdb.com reports.

The Dancing With the Stars regular added five pounds to her frame over the summer, prompting gossips to speculate she may be pregnant.

But when she confessed she was a little heavier, the same journalists who poked fun at Hewitt when she was snapped in a swimsuit turned on Burke.

"I think her dancing is what everyone needs to be concentrating on," Hewitt says.

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The Weather Network 20 YEARS
TWN incorporates MSC data
Today Variable 14°/ 3°
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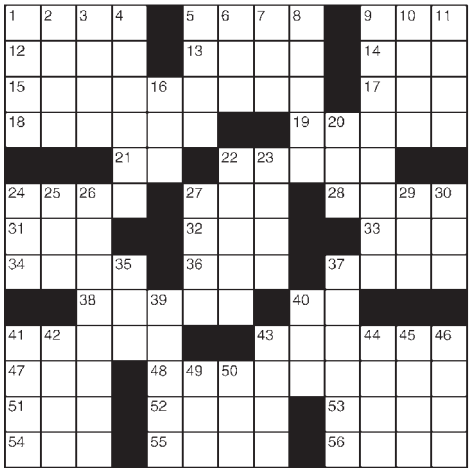
Saturday Partly cloudy 11°/ 2°
GIVES NEW MEANING TO "NEIGHBOURHOOD WATCH."
NOW WITH REALLY, REALLY LOCAL WEATHER.

Take Five



Crossword across

1 Audacious
5 See 6-Down
9 Waste no time
12 Hebrew month
13 Brewery creations
14 Peculiar
15 Breakfast spuds
17 "Family Guy" daughter
18 Tire patterns
19 Adversary
21 Mother
22 Ask (for), as a loan
24 Wan
27 Occupation
28 Shakespeare sobriquet
31 Writer Buscaglia
32 Parisian pal
33 Stickum
34 Dalai —
36 "Of course"
37 Mile fractions
38 Go in
40 Greeting
41 Fibula neighbor
43 Aromatic resin
47 Perp. to vert.
48 Base runner's goal
51 Lamb's dam
52 Exam format
53 Unyielding
54 Gullet
55 Right on the map?
56 Knight's backup

Crossword down

1 Thai money
2 Bloodhound's clue
3 Weak, as an excuse
4 So-o-o-o handsome
5 Monkey —
6 With 5-Across, "open sesame" man
7 Spelldown
8 No liability
9 Web site intro
10 The same (Lat.)
11 Provocative
16 Food safety org.
20 Gist
22 Marge's hubby
23 Sacred Egyptian bird
24 Every crumb
25 Vast expanse
26 Domestic beer?
27 Davidson of "The Crying Game"
29 Fish eggs
30 Speck
35 Blackbird
37 Embellishment
39 U.S. resort lake
40 Chance
41 Yon folks
42 "The Music Man" locale
43 Sash
44 Rani's wrapper
45 Covering
46 Clothing store department
49 — pro nobis
50 More, to Manuel

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3			1				2
		6	5		7			4
			4	6	3			
	2					6		
5	4						9	7
		9					3	
			2	3	1			
4			9		8	7		
8				7			1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

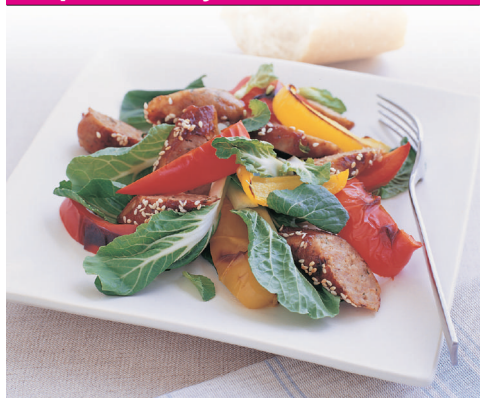
8	5	1	4	7	2	9	3	6
3	7	4	6	9	5	8	2	1
9	6	2	3	1	8	5	4	7
6	1	9	7	5	4	2	8	3
7	3	8	1	2	9	6	5	4
4	2	5	8	3	6	7	1	9
2	4	7	9	8	3	1	6	5
1	8	6	5	4	7	3	9	2
5	9	3	2	6	1	4	7	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day



Sesame sausages with peppers and bok choi

INGREDIENTS:

2 large red peppers, halved lengthways and deseeded
2 large yellow peppers, halved lengthways and deseeded
6 thick pork sausages, about 400g
2 tbsp tomato ketchup
2 tbsp hoisin sauce
3 heads bok choi, separated into leaves
3 tbsp sesame seeds

METHOD:

1. Put the peppers and sausages on the rack of a pre-heated (to medium heat) sauté pan or frying pan and sauté for 15–20 minutes, turning from time to time until sausages are evenly browned and cooked through and peppers are tender and lightly charred.
2. Meanwhile, mix tomato ketchup and hoisin sauce in a shallow bowl. Tear bok choi into bite-sized pieces and put into a serving dish.
3. Transfer the sausages to the ketchup mixture and roll to coat evenly. Cover grill pan rack with foil. Place sausages back on foil and grill for a further 1 minute or until glaze is bubbling. Turn sausages and sprinkle with the sesame seeds, then cook for another 1 minute until the seeds are golden.
4. Cut the peppers into wide strips and thickly slice sausages on the diagonal. Add pepper strips and sausage slices to the bok choi, toss together and serve warm.

PER SERVING

375 calories, 18g protein, 25 g total fat, 8 g saturated fat, 22 g carbohydrate, 16 g sugars, 4 g fibre, 1061 mg sodium

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A shy person talks about love and flirtation. Persist until you get what you came for. Your daring ways will inspire opportunity to knock.

TAURUS ♉
APRIL 21-MAY 21
Keep your nose to the grindstone. Powerful people will affect you in public. An outwardly helpless person begs for attention.

GEMINI ♊
MAY 22-JUNE 21
A woman will tell you about a strange problem. A foolish idea will be lucrative. There's a farce going on around you.

CANCER ♋
JUNE 22-JULY 22
A fitting lesson will be taught. Somebody's chronic indecision forces you to wait. A critical comment has a blunt impact.

LEO ♌
JULY 23-AUG 23
Don't give in to slothfulness. A friend thinks that you're too sympathetic. An emotional problem can provoke a quarrel.

VIRGO ♍
AUG 24-SEPT 22
A fast friend will show how to make dreams come true. Know yourself before judging others. Officials will make a bad decision.

LIBRA ♎
SEPT 23-OCT 23
A disagreement is turned into a platform for dialogue. An arrogant person grants some wishes. A forgetful scoundrel seems to be foolhardy.

SCORPIO ♏
OCT 24-NOV 22
A secret enemy refuses to go away. A man becomes friendly after dark. Common sense comes in handy during a confrontation.

SAGITTARIUS ♐
NOV 23-DEC 21
A bad character is noticed by those who matter. Rearranging things will give you grief. A light-hearted woman will get your attention.

CAPRICORN ♑
DEC 22-JAN 20
An invitation will cast a pall over the day. A gloomy stranger makes weird noises. Don't take chances when giving advice.

AQUARIUS ♒
JAN 21-FEB 18
Your confidence will get boosted. An independent friend is a good example. An idiotic staff member will make things difficult.

PISCES ♓
FEB 19-MARCH 20
A middle-aged man has a change of heart. Doing the right thing brings a new connection into your life. Being clear-headed causes a delay.

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